សាលាសណ្ឋាគារ និងទេសចរណ៍ ប៉ូល ឌុយប្រ៊ែល

École d'Hôtellerie et de Tourisme Paul Dubrule

Prepare hot, cold and frozen dessert

D1.HCC.CL2.14

Trainee Manual

Australian Aid

asean

William Angliss Institute

Specialist centre for foods, tourism & hospitality

Prepare hot, cold and frozen dessert

D1.HCC.CL2.14

Trainee Manual

Project Base

William Angliss Institute of TAFE
555 La Trobe Street
Melbourne 3000 Victoria
Telephone: (03) 9606 2111
Facsimile: (03) 9670 1330

Acknowledgements

Project Director: Wayne Crosbie
Chief Writer: Alan Hickman
Subject Writer: Garry Blackburn
Project Manager: Alan Maguire
Editor: Jim Irwin
DTP/Production: Daniel Chee, Mai Vu, Jirayu Thangcharoensamut, Kaly Quach

The Association of Southeast Asian Nations (ASEAN) was established on 8 August 1967. The Member States of the Association are Brunei Darussalam, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Singapore, Thailand and Viet Nam.

The ASEAN Secretariat is based in Jakarta, Indonesia.

General Information on ASEAN appears online at the ASEAN Website: www.asean.org.

All text is produced by William Angliss Institute of TAFE for the ASEAN Project on “Toolbox Development for Front Office, Food and Beverage Services and Food Production Divisions”.

This publication is supported by the Australian Government’s aid program through the ASEAN-Australia Development Cooperation Program Phase II (AADCP II).

Copyright: Association of Southeast Asian Nations (ASEAN) 2013.

All rights reserved.

Disclaimer

Every effort has been made to ensure that this publication is free from errors or omissions. However, you should conduct your own enquiries and seek professional advice before relying on any fact, statement or matter contained in this book. The ASEAN Secretariat and William Angliss Institute of TAFE are not responsible for any injury, loss or damage as a result of material included or omitted from this course. Information in this module is current at the time of publication. Time of publication is indicated in the date stamp at the bottom of each page.

Some images appearing in this resource have been purchased from stock photography suppliers Shutterstock and iStockphoto and other third party copyright owners and as such are non-transferable and non-exclusive. Clip arts, font images and illustrations used are from the Microsoft Office Clip Art and Media Library. Some images have been provided by and are the property of William Angliss Institute.

Additional images have been sourced from Flickr and SKC and are used under Creative Commons licence: http://creativecommons.org/licenses/by/2.0/deed.en

File name: TM_Prepare_hot_cold_&_frozen_desert_dishes_FN_090114

Table of contents

Introduction to trainee manual 1

Unit descriptor 3

Assessment matrix 5

Glossary 7

Introduction 11

Element 1: Prepare and produce a range of hot, cold and frozen desserts 15

Element 2: Prepare and store sweet sauces 55

Element 3: Prepare accompaniments, garnishes and decorations 65

Element 4: Store hot, cold and frozen desserts 71

Appendices: Recipes 77

Presentation of written work 113

Recommended reading 115

Trainee evaluation sheet 117

Trainee Self-Assessment Checklist 119

Introduction to trainee manual

To the Trainee

Congratulations on joining this course. This Trainee Manual is one part of a 'toolbox' which is a resource provided to trainees, trainers and assessors to help you become competent in various areas of your work.

The 'toolbox' consists of three elements:

- A Trainee Manual for you to read and study at home or in class
- A Trainer Guide with Power Point slides to help your Trainer explain the content of the training material and provide class activities to help with practice
- An Assessment Manual which provides your Assessor with oral and written questions and other assessment tasks to establish whether or not you have achieved competency.

The first thing you may notice is that this training program and the information you find in the Trainee Manual seems different to the textbooks you have used previously. This is because the method of instruction and examination is different. The method used is called Competency based training (CBT) and Competency based assessment (CBA). CBT and CBA is the training and assessment system chosen by ASEAN (Association of South-East Asian Nations) to train people to work in the tourism and hospitality industry throughout all the ASEAN member states.

What is the CBT and CBA system and why has it been adopted by ASEAN?

CBT is a way of training that concentrates on what a worker can do or is required to do at work. The aim is of the training is to enable trainees to perform tasks and duties at a standard expected by employers. CBT seeks to develop the skills, knowledge and attitudes (or recognise the ones the trainee already possesses) to achieve the required competency standard. ASEAN has adopted the CBT/CBA training system as it is able to produce the type of worker that industry is looking for and this therefore increases trainees chances of obtaining employment.

CBA involves collecting evidence and making a judgement of the extent to which a worker can perform his/her duties at the required competency standard. Where a trainee can already demonstrate a degree of competency, either due to prior training or work experience, a process of 'Recognition of Prior Learning' (RPL) is available to trainees to recognise this. Please speak to your trainer about RPL if you think this applies to you.

What is a competency standard?

Competency standards are descriptions of the skills and knowledge required to perform a task or activity at the level of a required standard.

242 competency standards for the tourism and hospitality industries throughout the ASEAN region have been developed to cover all the knowledge, skills and attitudes required to work in the following occupational areas:

- Housekeeping
- Food Production
- Food and Beverage Service

- Front Office
- Travel Agencies
- Tour Operations.

All of these competency standards are available for you to look at. In fact you will find a summary of each one at the beginning of each Trainee Manual under the heading 'Unit Descriptor'. The unit descriptor describes the content of the unit you will be studying in the Trainee Manual and provides a table of contents which are divided up into 'Elements' and 'Performance Criteria". An element is a description of one aspect of what has to be achieved in the workplace. The 'Performance Criteria' below each element details the level of performance that needs to be demonstrated to be declared competent.

There are other components of the competency standard:

- *Unit Title:* statement about what is to be done in the workplace
- *Unit Number:* unique number identifying the particular competency
- *Nominal hours:* number of classroom or practical hours usually needed to complete the competency. We call them 'nominal' hours because they can vary e.g. sometimes it will take an individual less time to complete a unit of competency because he/she has prior knowledge or work experience in that area.

The final heading you will see before you start reading the Trainee Manual is the 'Assessment Matrix'. Competency based assessment requires trainees to be assessed in at least 2 – 3 different ways, one of which must be practical. This section outlines three ways assessment can be carried out and includes work projects, written questions and oral questions. The matrix is designed to show you which performance criteria will be assessed and how they will be assessed. Your trainer and/or assessor may also use other assessment methods including 'Observation Checklist' and 'Third Party Statement'. An observation checklist is a way of recording how you perform at work and a third party statement is a statement by a supervisor or employer about the degree of competence they believe you have achieved. This can be based on observing your workplace performance, inspecting your work or gaining feedback from fellow workers.

Your trainer and/or assessor may use other methods to assess you such as:

- Journals
- Oral presentations
- Role plays
- Log books
- Group projects
- Practical demonstrations.

Remember your trainer is there to help you succeed and become competent. Please feel free to ask him or her for more explanation of what you have just read and of what is expected from you and best wishes for your future studies and future career in tourism and hospitality.

© ASEAN 2012

Unit descriptor

Prepare hot, cold and frozen dessert

This unit deals with the skills and knowledge required to Prepare hot, cold and frozen dessert in a range of settings within the hotel and travel industries workplace context.

Unit Code:

D1.HCC.CL2.14

Nominal Hours:

55 hours

Element 1: Prepare and produce a range of hot, cold and frozen desserts

Performance Criteria

1.1 Select required commodities according to recipe and production requirements

1.2 Prepare a variety of hot desserts according to standard recipes and enterprise standards

1.3 Prepare a range of cold desserts according to standard recipes and enterprise standards

1.4 Prepare a range of frozen desserts according to standard recipes and enterprise standards

1.5 Use appropriate equipment to prepare hot, cold and frozen desserts

1.6 Use correct techniques to produce hot, cold and frozen desserts to enterprise standards

1.7 Produce hot, cold and frozen desserts to enterprise requirements and standards

1.8 Select correct cooking conditions for hot, cold and frozen desserts

Element 2: Prepare and store sweet sauces

Performance Criteria

2.1 Select required commodities according to recipe and production requirements

2.2 Prepare and produce a range of sweet sauces to enterprise requirements and standards

2.3 Store sweet sauces for use in a service period or for use at another occasion

Element 3: Prepare accompaniments, garnishes and decorations

Performance Criteria

3.1 Plan accompaniments, garnishes and decorations for desserts

3.2 Prepare accompaniments, garnishes and decorations for desserts

Element 4: Store hot, cold and frozen desserts

Performance Criteria

4.1 Store desserts at appropriate temperature and conditions to maintain quality, freshness and customer appeal

4.2 Pack down desserts to ensure taste, appearance and textures are maintained

© ASEAN 2013

Assessment matrix

Showing mapping of Performance Criteria against Work Projects, Written Questions and Oral Questions

The Assessment Matrix indicates three of the most common assessment activities your Assessor may use to assess your understanding of the content of this manual and your performance – Work Projects, Written Questions and Oral Questions. It also indicates where you can find the subject content related to these assessment activities in the Trainee Manual (i.e. under which element or performance criteria). As explained in the Introduction, however, the assessors are free to choose which assessment activities are most suitable to best capture evidence of competency as they deem appropriate for individual students.

		Work Projects	Written Questions	Oral Questions
Element 1: Prepare and produce a range of hot, cold and frozen desserts				
1.1	Select required commodities according to recipe and production requirements	1.1	1, 2, 3	1
1.2	Prepare a variety of hot desserts according to standard recipes and enterprise standards	1.2	4	2
1.3	Prepare a range of cold desserts according to standard recipes and enterprise standards	1.3	5	3
1.4	Prepare a range of frozen desserts according to standard recipes and enterprise standards	1.4	6, 7	4
1.5	Use appropriate equipment to prepare hot, cold and frozen desserts	1.5	8	5
1.6	Use correct techniques to produce hot, cold and frozen desserts to enterprise standards	1.2, 1.3 1.4	9	6
1.7	Produce hot, cold and frozen desserts to enterprise requirements and standards	1.2, 1.3 1.4	10	7
1.8	Select correct cooking conditions for hot, cold and frozen desserts	1.2, 1.3 1.4, 1.5	11, 12	8
Element 2: Prepare and store sweet sauces				
2.1	Select required commodities according to recipe and production requirements	2.1	13, 14, 15, 16	9
2.2	Prepare and produce a range of sweet sauces to enterprise requirements and standards	2.2	17, 18	10
2.3	Store sweet sauces for use in a service period or for use at another occasion	2.3	19, 20	11

		Work Projects	Written Questions	Oral Questions
Element 3: Prepare accompaniments, garnishes and decorations				
3.1	Plan accompaniments, garnishes and decorations for desserts	3.1	21	12
3.2	Prepare accompaniments, garnishes and decorations for desserts	3.2	22	13
Element 4: Store hot, cold and frozen desserts				
4.1	Store desserts at appropriate temperature and conditions to maintain quality, freshness and customer appeal	4.1	23, 24, 25	14
4.2	Pack down desserts to ensure taste, appearance and textures are maintained	4.2	26, 27	15

Assessment Methods

The following methods may be used to assess competency for this unit:

- Observation of practical candidate performance
- Oral and written questions
- Third party reports completed by a supervisor
- Project and assignment work
- Sampling of dishes prepared by the student.

© ASEAN 2013

Glossary

Term	Explanation
Batter	Mixture of flour and liquids used to make pancakes or crepes and for coating for fried desserts like fritters
Blind Bake	Baking pastry to shape with no filling
Candied	Super saturated sugar solution is used to immerse product. Product absorbs sugar and when dry it is preserved by the sugar
Carmelise	Cooking sugar to above 156ºc at which point it begins to brown
Chemise	To line moulds with gelatine gel or sponge cake
Coagulate	Setting of protein, caused by heat
Confiture	Preserve fruits suspended in syrup or jelly
Coulis	Liquidised or pureed fruit sauce
Couverture	Pure chocolate
Creaming	Action of blending fat and sugar to incorporate air
Crimping	Squeezing edges of pastry to impart design
Curdling	Separation of liquid and solids, Emulsion has failed to form or has separated due to bad technique
Dariole mould	Angle sided mould wider at top than bottom
Dessert	Finale of a fine meal
Doyley	Paper lace mat used to present product, normally made of paper for desserts and pastry items
Dredge	To coat with flour or sugar
Enrobe	Covering completely with substance
Entremets	French word for sweet dishes
Folding	Method of gently blending of fragile ingredients
Fondant	Sugar mixture cooked to 114ºc and agitated while cooling forms which forms as white viscous product

Term	Explanation
Ganache	Chocolate and cream mixture used to enrobe product
Gelatine	Clear protein that is used set liquids. Can be purchased in powder or clear sheets
Gelatinisation	When water and starch are heated, the starch grains swell and absorb the liquid holding the liquid in suspension
Gliadin	Protein in flour that the elasticity
Gluten	Proteins glutenin and gliadin when hydrated bond together to form viscous substance called gluten.
Glutenin	Protein in flour that causes strength
Gum Arabic	Exudant from Acacia tree ground to powder and when rehydrated is used to impart glaze on confectionary products
Hulling	Removing calyx from strawberries
Humidity	Moisture in the air
Hydroscopic	Attracts moisture
Kneading	Manipulating a dough to develop the gluten and improve texture from sticky mass to smooth dough
Leavening	Incorporating air into dough by manipulating ingredients
Leavening agent	Ingredient that can cause gas within a dough or batter
Marcerate	Placing food in liquid so flavour is absorbed
Marinate	Flavour and tenderise food by placing into acidic liquid
Marshmallow	Confection or sweetmeat made from water, sugar and gelatine aerated and piped to shape. Many uses in pastries and desserts
Marzipan	Paste of sugar and ground blanched almonds
Masking	Coating of a cake or gateau with icing or coating inside of mould with gel
Nappe	To coat food with a sauce
Panada	A thickening agent made from a starch base
Pectin	Found mainly in citrus fruits and is used as a gelling agent

© ASEAN 2013

Term	Explanation
Pith	In skin wall of citrus fruits just under the white outer coating, the zest
Puree	Smooth fruit passed through a sieve
Rennet	Setting agent derived from the stomach of a calf, used in milk dessert 'junket'
Royal Icing	Blended eggwhite and fine icing sugar used to decorate cakes. Dries very hard.
Saccharometer	Instrument used to measure sugar density of liquid
Steep	Cover food in hot or cold liquid to soften, extract or induce flavour
Syneresis	Separation of liquid from a gel. Egg custard is overcooked and as protein shrinks, moisture is squeezed out
Syrup	Boiled sugar and water mixture
Texture	Internal structure of baked products cellular walls
Viscosity	Resistance of a liquid to movement or flow
Zest	Outer skin of citrus that contain volatile oils

© ASEAN 2013

Introduction

Interpretation of Standard recipes and Enterprise Standards

Standard recipes will yield a specific number of serves from any given recipe.

- Standard recipe is traditionally based at 10 serves per recipes
  - Easier to multiply when larger numbers are required.

Enterprise standards are based on issues like:

- Is the cream real or imitation is being used?
- Is the chocolate bakers or couverture chocolate?
- Is the puff pastry made with shortening or with butter
- Is vanilla flavour imitation essence or real vanilla bean.

This can be the measure of Enterprise Standards.

Product will look exactly the same to the untrained eye.

Enterprises can have different standards under the same hotel name.

Reasons for desserts

Desserts are the grand finale of a meal. A dessert that is well presented and tastes delicious will leave a lasting impression of a great meal with the customer.

Traditionally desserts were prepared in a separate section of the kitchen by classically trained pastry chefs.

Some of the European specialty desserts that were often served included:

- Charlotte Russe
- Tarte Tartin
- Crepe Suzette
- Bombe Alaska
- Sweet Dumplings
- Apple Strudel
- Baked Custard
- Almond Pithivier
- Pannacotta
- Zabaglione.

These classic desserts still appear on today's menus but often with a modern twist such as

- Five spice Pannacotta
- Sour cherry and cream cheese strudel
- Rhubarb bread and butter pudding
- Roasted pear pithivier.

Today, with smaller kitchens that are unable to support the

cost of specialised cooks, most desserts are either prepared by the chefs who have a wide range of skills but lack specialised training in this section or commercially.

The loss of skills within the smaller kitchens has led to an increase in manufactured dessert items used by the industry.

These small kitchens can demand a high quality, consistent product at an affordable cost that is often of higher quality than what they could produce for the same price.

Products that are commonly produced and sold commercially may include:

Gateaux

Tortes

Tarts

Mousses

Bavarois

Cheesecake

Ice creams

Frozen yoghurt

Sorbets

© ASEAN 2013

Within different establishments desserts may evolve from traditional classic, to modern, innovative dishes.

Classic crème brulee

Lemon tart

Filling a baked pastry case with cooked crème brulee, caramelize the surface and finishing with a mound of macerated raspberries. This takes the creamy texture of the lemon tart which is replaced by the richness of the crème brulee. The acidity of the raspberries then balances this dish ensuring an all-round eating experience.

Today we commonly see the classic dishes reinvented. But first we must understand the basics, and then can we develop these classics with new ideas.

Categories of Desserts

The purpose of these categories is to assist menu planning.

Too many cream desserts or chocolate desserts will not create a well balanced dessert menu.

When a dessert from each category is included the dessert menu it will offer a greater choice to the customer.

When you include a dessert from each category your dessert menu will offer a greater choice to the customer.

- **Fruit** – examples are fruit salad/platter, fruit in jelly, fruit crepe, summer pudding, roasted/grilled/poached fruit, baked crumbles
- **Pastry** – examples are tart (fruit, chocolate, lemon), mille feuille, pithivier, strudel, pies
- **Batters and Dumplings** – examples crepes, pancakes, fritters; fruit encased in batters both flat and aerated or just aerated batters in sauce

- **Chocolate** – examples are mousse, soufflé, tart, pudding, ice-cream, chocolate pot and Garnishes
- **Frozen** – examples are Ice-cream, Sorbet, Parfait, semifreddo, granita
- **Cream** – examples are Mousses, Pannacotta, Tira Mi Su, Trifle, Bavarois
- **Baked Custards** – Crème Caramel, Bread and Butter pudding and Crème Brulee
- **Pudding** – examples are steamed (chocolate and almond or self-saucing, Christmas fruit and suet), baked (clafoutis and fruit grunts)

- **Soufflé** – these can be hot or cold and can be flavoured with fruit, chocolate, coffee, nuts, etc.
- **Jelly** – champagne, apple cider, elderflower, etc.
- **Sauces** – Chocolate, Caramel, Anglaise, Butter, Custards and Fruit Coulis.

In order for us to be able to produce these desserts, we need to understand how our ingredients work.

Within the pastry kitchen, eggs, sugar and flour are invaluable and without them, we couldn't produce desserts.

In the following pages, the basic ingredients used for dessert production are explained in detail, giving varieties available, their various functions for dessert production and where appropriate, advice as to when one product is superior to another for a certain application.

© ASEAN 2013

Element 1:
Prepare and produce a range of hot, cold and frozen desserts

1.1 Select required commodities according to recipe and production requirements

Commodities

Sugars

Sugar is used in dessert production to:

- Add sweetness and flavour
- Create tenderness and fineness of texture, partly by weakening the gluten structure
- Give crust colour
- Increase keeping qualities by retaining moisture (it is a humectant)
- Act as a creaming agents with fats and as foaming agents with eggs
- Provide food for yeast
- To preserve.

Refined sugars are classified by the size of the grains.

Caster Sugar in finer than regular granulated sugar. This sugar supports higher quantities of fat and dissolves relatively quickly into doughs and batters.

Caster sugar is the premium sugar to use in production of quality desserts and pastries.

Regular Granulated Sugar also known as table sugar or A1 is the most commonly known sugar. It has a coarse grain. In production the coarse grains leave undissolved grains, even after long mixing. After baking these show up as dark spots on crusts, irregular texture and syrupy spots. Coarse sugars are less refined and result in clearer syrup

Brown Sugar contains 85 – 92 % sucrose and varying amounts of caramel, molasses and other impurities. Darker grades contain more of these impurities. Brown sugar is regular cane sugar that has not been completely refined

Demerara Sugar is also known as raw sugar. These straw coloured granules are produced from cane juice (90% sucrose). They are used in some baked goods and hot beverages.

Icing Sugar also known as confectioners' sugar is sugar ground to a fine powder.

Soft Icing Mixture is icing sugar mixed with a small amount of starch (3 %) to prevent caking. It is also available in a pure form without this anti-caking starch.

Invert Sugar is a product of sugar refining. It is chemically processed heavy syrup where a sucrose solution is heated with an acid.

The sucrose breaks down into two simple sugars, dextrose and levulose:

DEXTROSE + LEVULOSE = INVERT SUGAR

(Equal parts)

Invert sugar is 30 % sweeter than sucrose.

Invert sugar resists crystallisation, promoting smoothness in candies, icings and syrups. It also holds moisture especially well, retaining freshness and moisture in products.

Molasses is concentrated sugar cane juice. It contains large amounts of sucrose and other sugars including invert sugar. It also contains acids, moisture and other constituents that give it flavour and colour. Darker grades are stronger in flavour and contain less sugar than lighter grades. Molasses retains moisture in baked goods, prolonging their freshness.

Corn Syrup is a liquid sweetener consisting of water, a vegetable gum called dextrin and various sugars, primarily dextrose, also called glucose. Corn syrup is made by converting cornstarch into simpler compounds through the use of enzymes. Corn syrup aids in retaining moisture and is used in some icings, sweets, and sugar boiling. It keeps other sugars from recrystallising. It is added to marzipan to improve elasticity. It has a mild flavour and is not as sweet as sucrose

Glucose Syrup is a viscous, colourless syrup (44˚ Baume). Glucose has a stabilising effect to help prevent re-crystallisation when sugar is boiled to high temperatures e.g. Cast, pulled and blown sugar making the boiled sugar more elastic. It is also used in cakes and biscuits. Glucose should not be stored at temperatures above 20ºC because it will change in colour. Glucose can be replaced with light corn syrup.

Honey was the first sugar to be used by man. It is the nectar collected from bees and deposited in their honeycomb. Nectar contains about 80% water and 20% sugar together with essential oils and aromatic compounds that are responsible for the bouquet of honey, the flavour varying from the flowers from which the nectar was gathered.

The darker the colour of the honey the stronger its flavour; it is a natural sugar syrup consisting largely of glucose, fructose and other compounds that give it is flavours. Flavour is the main reason for using honey.

Honey contains invert sugar which helps retain moisture in baked goods and gives a soft chewy texture to cakes and cookies, and is baked at a lower temperature so the invert sugars can caramelise.

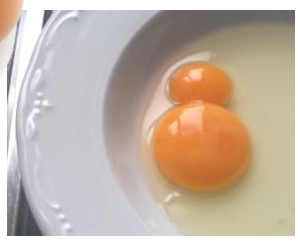
Honey contains acid which enables it to be used with baking soda as a leavening.

© ASEAN 2013

Honey is available as:

- Comb honey – still in its waxy capsules
- Chunk honey – contains both the filtered extracted honey and a piece of honeycomb
- Extracted honey – most familiar for cooking and table use
- Whipped or spun honey – extracted honey that is processed using controlled crystallisation and which has fine easily spreadable crystals.

Eggs



The Makeup of an Egg

The egg is made up of five main sections

1. The shell 12%

Consists mainly of calcium carbonate, is a hard protective porous covering containing nearly 8000 minute holes through which gases and water vapour can penetrate and escape.

Commercially eggshells are washed and sanitised to remove dirt and reduce the likelihood of salmonella contamination. They are also coated with mineral oil to delay moisture loss.

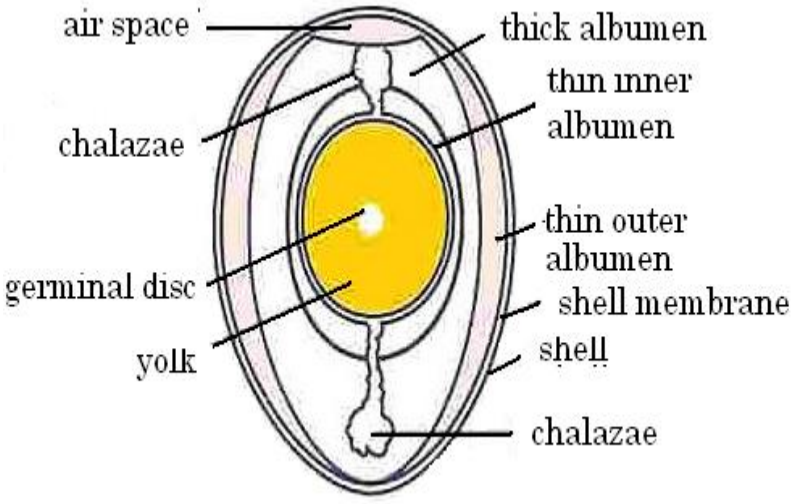
The eggshell colour can be either brown or white depending on the breed of the hen, having no effect on the flavour, nutrition or functionality of eggs.

2. The shell membrane and air pocket

Eggs contain two protective membranes between the shell and the white. This membrane acts as a barrier against bacteria. The two layers are separated by the air pocket.

Soon after an egg is laid, an air pocket forms between the membranes at the eggs larger end.

As the egg ages, loses moisture and shrinks, the air pocket increases in size.



3. The layered albumen (eggwhite) including the chalazae 58%

Eggwhites other than small amounts of mineral ash and glucose consist entirely of protein (10 %) and water (9.0 %). It has very little flavour and colour.

There are two layers, one thick and the other thin.

As the egg ages the thick albumen begins to thin, losing its ability to form foams that are edible.

The chalazae are twisted white cords, which hold the yolk in the centre of the egg.

4. The yolk 29 %

Egg yolks are about ½ moisture and ½ yolks solids. As eggs age, yolks pick up moisture from the white, resulting in the yolk flattening when cracked onto a smooth surface.

The solids in egg yolks consist of proteins, fats and emulsifiers with small amounts of mineral ash and yellow – orange carotenoids. These proteins are not the same as those of egg whites.

Many egg yolk proteins are considered lipoproteins because they are bound to fats and emulsifiers which are lipids.

Egg yolks contain lecithin which is a complex mixture of emulsifying lipids, containing fatty acids that are attracted to fats and oils.

Lecithin is bound by lipoproteins which bond to both water and oil allowing them to bind ingredients together like cake batters and mayonnaise.

Egg yolk colour and flavour is affected by the hen's feed. The more carotenoids in the feed, the more yellow – orange the yolk.

5. The germinal disc

Can been seen as a very small spot on the centre of the yolks surface, and from which the chicken develops in an egg that has been fertilised for hatching.

Functions of Eggs for Dessert Production

Thicken	When heated egg coagulates and holds liquid in a suspension
Bind	When wet the food items stick together. When cooked, the egg sets and keeps the food together
Glaze	Beaten egg gives a shiny appearance
Aerate	When whipped the egg traps millions of tiny air cells within itself Air bubbles help to raise other ingredients
Emulsify	Yolks can bind together to un-mixable ingredients
Clarify	Whites used to clarify stocks
Enrich	Adds flavour and nutrition

© ASEAN 2013

Dairy Products

Dairy products are used extensively in the dessert section of the kitchen.

They include milk, buttermilk, cream, yoghurt, crème fraiche, mascarpone and butter.

Unsalted butter is recommended for pastry items, allowing you to control the salt content of the final product.

Storage and handling

Fluid milk and reconstituted dry milk products spoil easily. Bacteria multiply and produce acids and 'off' flavours, souring the milk.

While it is usually not harmful, soured milk should be discarded.

Beyond bacterial spoilage, the flavour of milk is highly susceptible to other changes, either absorbing aromas or from chemical reactions that occur from excessive heat or light. Irrespective of the many types of fresh milk, butter, cream, yoghurt and buttermilk, they must always be stored in the cool room under 5º C.

They should remain in the cartons they are purchased in and kept firmly closed.

Quality/ Shelf life

All dairy foods should be bought and used as quickly as possible because their storage life is limited.

The 'use by date' on the container the food is purchased in should be strictly adhered to.

Pasteurized whole milk has a shelf life of about two weeks when stored under 4 °C.

The actual shelf life depends on many factors, the main one being how well the product has been stored.

Always smell and taste dairy products before use.

While cultured dairy products like yoghurt, buttermilk and sour cream have an extended shelf life, their acid content continues to increase over time.

Their flavour gradually becomes stronger, sharper and more pronounced. Whole dry milk contains milk fat that oxidizes to a rancid off flavour. It has a maximum shelf life of only six months, even when stored under ideal conditions.

Canned evaporated and sweetened condensed milk do not spoil even after several years, if kept unopened. Over time, however, they will darken, develop stronger flavours and change in consistency. Once opened, evaporated milk requires refrigeration, and is best to do the same with condensed milk as well.

Uses

Milk may form the foundation of many dishes irrespective if it is whole, skim or fat reduced, long life, evaporated, condensed or even powdered.

These dishes may include panna cotta, ice-cream, bavarois, brulee and baked custards. Milk is often used in cakes to thin the cake batter and create steam during the baking process, acting as a raising agent.

Buttermilk really is the 'baker's best friend', it produces very light, delicious results in scones, pancakes, pikelets muffins etc.

Buttermilk has a fresh, slightly sharp, acid flavour and is used to counteract the bitter, soapy alkaline flavour, bicarbonate of soda leaves in many baked goods, e.g. banana cake.

Cream is the fat component of milk and varies enormously in richness, texture, and lusciousness.

Clotted cream is the thickest cream is at 55% fat followed by

Pure Cream at 48% fat.

Pure cream and clotted cream may be served in dollop form accompanying berry fruits, scones etc. These creams do not aerate when whipped.

Thickened cream is 35% fat content. This cream may be whipped to trap air because it contains a gelling agent, 'vegetable gum', gelatine has also been used but has been replaced to appeal to a broader market.

The vegetable gum traps the air the air as the cream is whipped. As the cream stands the air will escape and the cream will 'fall', you may need to re-whip before using to hold shape.

Chilled thickened cream whips until it stands in peaks; there are soft peaks to fold into mousses, bavarois, and firm peaks for piping rosettes of cream on to a gateau.

The over whipping of cream will result in the product "splitting" (separation of the fat and water). Cream with a high fat content is more susceptible to this occurring.

Thickened cream needs to be kept chilled @ 4ºC until required to be whipped.

The warmer the cream, the greater the possibility of it 'splitting'.

Reduced and light cream ranges from 25% - 18% fat and it will not whip because there is insufficient fat to trap air bubbles and thicken it. It is used as a pouring cream; it can replace milk in desserts to enrich them and is useful for people on fat reduced diets.

Yoghurt is a very healthy alternative to cream. It has many health properties as it contains a culture e.g. lactobacillus acidophilus and usually contains very little saturated fat. It may be used in a yoghurt based bavarois, sorbet, Panna cotta, ice-cream or as a cream substitute.

Yoghurt is available plain, flavoured or frozen.

© ASEAN 2013

Crème Fraiche

In France this is standard fresh French cream. However in Australia it contains a culture. The cream is naturally thick due to lactic acid bacteria in it which also produces a nutty flavour. Crème fraiche has a butter fat content of approx. 35% fat. The higher fat content makes it ideal for cooking; it may be used in some sauces without the risk of separating.

You may make your own crème fraiche by mixing and gently heating together 2 parts whipping cream with one part sour cream. Heat it slowly to blood temperature; do not boil. As it thickens, remove from heat and pour into a clean bowl. Leave to ripen at room temperature for approx. 8 hours then cover and store in the cool room.

Crème fraiche is often served as a dollop form with fresh sweetened berries.

Butters

Butters are available salted or unsalted. Unsalted is the preferred choice because the cook/baker may add salt accurately and have greater control over the salt content. It has a much sweeter and more pleasant flavour than salted butter. (Salt was added to butter originally as a preservative).

Cultured European butter, like yoghurt, has a culture added to it. (Lactic bacteria culture) this is allowed to develop and ripen within the cream before it is churned into butter.

Butter is composed mostly of fat, some water, protein, simple sugars and either salt or culture.

Butter's main use in baking is to trap air with sugar during the creaming process this gives lightness as an example cake making.

It also gives superior flavour, and colour and richness.

In contrast to cake making, butter is used in puff pastry production to allow for air to be trapped between layers of pastry and butter, resulting in light, crisp pastry layers.

Butter also aids tenderness to many baked goods e.g. sweet short crust pastry by coating the gluten strands in the pastry and retarding their development.

Butter maybe added to sauces to give richness and sheen, e.g. butterscotch sauce.

Butter is also used in batters to enhance flavour, tenderness and to help prevent the batter from sticking during the production of pancakes, crepes, etc.

Sometimes butter may be used as a lubricant. This is to help prevent baked goods adhering to their tins during the baking process.

Butter is best clarified for this purpose, e.g. phyllo pastry, strudel and sponge cakes.

Oils

Oil is often used in baked goods as a healthy alternative to butter.

This results in a moister product which lengthens their shelf life, e.g. banana cake, carrot cake and sauternes and olive oil cake.

Many delicately flavoured oils e.g. almond oil may also be used for lubrication purposes.

One of the benefits of this, is it leaves the baked goods/dessert with sheen (butter and cheap baking fats set when cold and leave a dull greasy surface.

Sprays, e.g. non-stick canola oil cooking sprays are very convenient to use because it is easier to spray a fancy cake form than to brush with clarified butter.

However, these products are expensive and extremely flammable.

Storage

Both oils and sprays should be kept in very dry cool conditions away from uv light and warmth which will facilitate rancidity especially in oils.

Oils are best kept in airtight, coloured glass containers.

Note: Spray oils should not be used on non-stick surfaces and the chemical propellant has a detrimental effect on the surface coating.

Cheeses Commonly Used In Desserts

Bakers Cheese

A fresh (unripened) cheese with a low fat content, it is similar to cottage cheese, but it does not have curds and its flavour is a bit sourer. Baker's cheese is used in cheesecakes and cheese fillings for pastries. It can be frozen.

Cottage Cheese

It is a lumpy, soft white cheese that can be purchased with small or large curds. It is often made with skimmed pasteurized cow's milk. It can be used as a low fat alternative to cream cheese as well as for pancake and crepe fillings. It is also known as curd cheese.

Quark is a fresh dairy product loosely classified as a cheese. It originates from Austria and Germany and is a cross between yoghurt and cottage cheese.

Ricotta is from Italy. The word means re-cooked and its origins are in Rome and connected to the making of Romano and Mozzarella. Ricotta was first made from the whey that was left after the curds from these cheeses had been strained. Until about a century ago, this whey was discarded. At that time it was discovered that he protein rich whey would itself form curds if it were reheated. That product, after draining, was named 'ricotta'. Ricotta is now produced commercially starting with whole milk rather than whey. Italian ricotta is primarily made from sheep's milk or water buffalo milk and is more flavourful than the American version made from cow's milk.

© ASEAN 2013

Cream Cheese

Has a mildly tangy, spreadable cheese with a smooth, creamy texture. This soft, unripened cheese is made from cow's milk cultured with bacteria. It is a popular ingredient for many types of cheesecakes, pastry doughs, tarts and cookies.

Goats Milk Cheese

Known as Chèvre in French, goat's milk cheese can range in texture from very dry and crumbly to moist and creamy. There are also fresh and ripened varieties.

Mascarpone

This product is traditionally a triple cream Italian cheese made from cow's milk. It originates from Tuscany and Lombardy, but is commonly large supermarket chains.

This is a very rich cheese made from fresh cream derived from cow's milk.

The cream is reduced to near triple crème consistency to give the cheese its soft, smooth, rich texture, with an extremely rich fat content of 25- 60%, depending on the manufacturer.

Mascarpone is best stored in the containers it is purchased in, refrigerated under 5ºC, ensuring the containers are tightly sealed. When opened it has a shelf life of only 1 week.

Traditionally it was served sweetened, sprinkled with cinnamon and served with fruit.

Today it is best known for its use in tiramisu, gelatine, for filling crepes, served with fresh figs, and makes beautifully rich cheesecakes. Mascarpone has the potential to separate very easily due to its very high fat content. For this reason, minimum mechanical agitation should be applied when working with mascarpone.

Nuts

Nuts are a good source of protein, fibre, vitamins and minerals. While nuts are high in fat, the fatty acids in nuts (except coconuts) are mostly polyunsaturated.

This type of fat is considered desirable in our diets. Nuts vary in composition, but most nuts contain more fat than anything else.

Nuts are most versatile in cooking. Varieties most commonly used in hot and cold desserts include almonds, chestnuts, coconuts, hazelnuts, macadamias, peanuts, pecans, pistachios and walnuts.

They can be purchased in many forms including: fresh, in its kernel, salted or unsalted, loose or pre-packaged, whole, blanched, roasted, chopped, crushed, slivered, ground/meal, kibbled, paste or oil.

Almonds – available natural (skin on) and blanched (skin off) in many forms: whole, split, silvered, chopped and ground / meal.

Chestnuts – must be cooked. They are available whole, frozen, glace and puree.

Coconut – is available in many forms. Usually for the pastry kitchen, it is purchased as desiccated, shredded or flaked. Coconut can also be purchased fresh and is used for its milk, cream, or fresh shaved flakes for garnishes.

Hazelnuts – available natural (skin on) and blanched (skin off) in many forms: whole, split, chopped and ground / meal.

Macadamias – are usually purchased whole or chopped with no skin.

Pecans – available whole with the skin on or chopped.

Peanuts – available whole and crushed. They can be sold roasted and also salted.

Pistachios – available in their skin whole and chopped, as well as blanched and then silvered. Blanched pistachios are bright green.

Walnuts – available whole, as halves, chopped and crushed.

Many nuts are also available as a paste (e.g. almond, hazelnut and pistachio). These pastes are use in the pastry kitchen for the production of many ice creams, mousses, cream desserts, petit fours and in cake production.

The pastes tend to be quite expensive, however the flavour is very intense and only small amounts are required to achieve the desired taste.

Storage

Most shelled nuts benefit greatly from being stored in very clean airtight containers. These containers are best made from non-porous plastic.

Due to the high fat content in nuts, they are prone to quick spoilage; hence by storing in the cool room, or for long term storage in the freezer, you will slow down rancidity.

Most nuts have a shelf life up to 3 months if stored in optimum conditions.

Nuts also deteriorate rapidly when they are subject to kitchen warmth, uv light and oxygen.

Be aware of insect and weevil infestation in nuts too. This also results in rapid deterioration of their quality and is more likely to occur in autumn (their breeding season).

Quality

All nuts should be:

- Fresh with a good odour
- Sweet taste
- Crisp texture.

Typical of the nut, e.g. walnuts are softer than almonds).

They should also be a good colour, typical of their variety e.g. Walnuts are a light brown caramel colour.

They should be well formed, and free of dark, bitter membranes, insects and weevils.

Roasted nuts have a crisper texture and more pleasant enhanced flavour. This is because the natural fats have been activated during the roasting process.

© ASEAN 2013

Uses

Nuts are extremely versatile and lend themselves to many dishes, e.g. pistachio ice-cream, almond milk jelly, hazelnut and chocolate flourless cake.

Many nuts may be used for a garnish e.g. flaked toasted almonds, roasted caramelized walnuts, nougatine and praline.

Nuts may also be the prominent flavour and ingredient of a recipe e.g. pecan pie, peanut cookies, almond nougat.

Many people have allergies to nuts, so be sure customers know when nuts are present in a product. One easy and attractive way to alert customers to the presence of nuts is to garnish the top of the item with the type of the nut it contains.

Nuts are toasted to develop flavour by allowing chemical reactions to occur (browning of sugars and proteins) (Mailliard)

Toasting also improves the flavour of slightly stale nuts. Besides improving flavour, toasting also darkens the colour and crisps the texture of nuts.

Flavourings

Vanilla

Vanilla, sometimes called the orchid of flavour, is the most widely used flavouring agent in the pastry kitchen.

Its uses are endless because its taste compliments just about every other flavour and improves many of them.

Vanilla also has the distinction of being more expensive than any other flavouring or spice, with the exception of saffron.

The expense is due, in large part, to the length of time –up to a year– required to process vanilla from blossom to high quality cured bean.

Authentic vanilla bean is really the dried stamen from an exotic orchid grown in Mexico and parts of South America. The bean is also known as a pod.

It should be dry, soft, a little ribbed and pointed at one end.

When spilt open, the deliciously fragrant and sweet seeds are exposed and ready to be scrapped out.

They may be used to infuse and perfume crème Anglaise, crème caramel, brulee, etc.

The pod, once used, may be washed, dried and stored in sugar to again, impart its delightful heady perfume.

The longer the vanilla is left in the sugar, the stronger the flavour (minimum 1 week).

Vanilla may also be purchased in other forms, including:

1. Pure vanilla essence – a flavouring agent made by aging a mixture of vanilla beans and alcohol. To be labelled as pure, it must contain a specified ratio of vanilla to alcohol
2. Imitation vanilla essence – This is an inferior product to pure vanilla essence. It is made using vanillin.
3. Vanillin – are fragrant, powdery white crystals that form on the outside of vanilla bean pods during their curing process. It is used to flavour artificial vanilla extract
4. Pure vanilla paste – is an intensely flavoured thick paste made from vanilla beans.

Storage of Vanilla Bean

Vanilla bean is best stored in an airtight cellophane packaging or immersed in sugar.

Either way keeps it airtight, in a clean, non porous container and away from heat and UV light.

For maximum shelf life and also to prevent the pods drying too fast, store in the refrigerator.

Essences are based on alcohol. Some countries alcohol consumption is not allowed.

Flavoured waters are used to impart flavours into desserts and pastries

Aromatic Waters

Orange Blossom water, which is made from the distilled flowers of orange trees, can be purchased as a concentrated essence or diluted water.

It is highly fragrant and a few drops are all that is required to impart the aroma.

It is used extensively in many countries in many ways. In the Middle East it is used in meat dishes, fruit syrups and fruit salads.

A classic Moroccan salad of grated carrot has orange blossom water sprinkled over it.

In France it is often used to flavour biscuits, cakes, almond pastries and milk puddings.

Rose Water is used in many dishes similar to orange blossom water; however rose water is not as strong in flavour.

It can be used to flavour sugar syrups, honey or poured over desserts and pastries typically in the Middle East such as baklava and Turkish delight.

In England it has been used to flavour game meat and to flavour puddings such as mousses, fools and rice puddings.

It is also used in Morocco sprinkled over fresh fruit such as oranges or strawberries or to flavour yoghurt that is served with fruit.

Rose water can be heated as it will not lose its flavour.

The ancient Egyptians, Greeks and Romans managed to extract fragrance from the rose by steeping petals in water, alcohol or oil.

Water distillation is the oldest method used, however, nowadays, steam distillation is the preferred method, producing a more delicate and fragrant product.

© ASEAN 2013

Gelling and Thickening Agents

Gelatine

Gelatine is a setting agent made from the tendons and bones of calves, cows and pigs, with most food grade gelatine being extracted from pigskin. Gelatine is a clear product that has no flavour, which makes it suitable for use in desserts.

Gelatine has many uses. It is a necessary ingredient in bavarois, fruit mousses, and cold soufflés. It is a good stabilizer for whipped cream and many cake fillings, and provides the characteristic texture of marshmallows and gummy confections.

Gelatine is available in leaf (sheet) or powered form.

To use gelatine; the required quantity must first be 'softened' in cold water, and then added to a hot liquid to dissolve. If gelatine is boiled it may lose its setting qualities.

Gelatine needs to be chilled to set the liquid; it will not set at room temperature.

The various brands of gelatine require differing amounts to set an amount of liquid. Always follow the instructions on the packet; do not rely on the quantities set out in the recipe.

Some fruits such as pineapple and pawpaw contain enzymes that affect the protein in gelatine and it will not set.

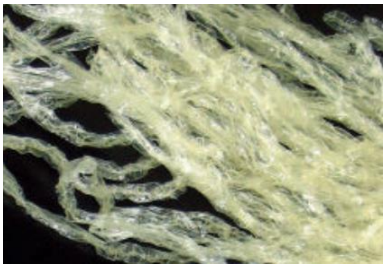
Setting Strength of Gelatine

The setting strength of gelatine is referred to as 'bloom'.

- Silver - 150-160 bloom
- Gold -180-200 bloom.

Bloom is not marked on the packet when you purchase. You will need to contact the manufacturer to get correct setting strength.

Agar Agar



Agar agar is a natural vegetable based substance extracted from a type of Japanese seaweed and is used in the pastry kitchen to thicken and jell products in the same way as gelatine.

It is available in its natural form of greenish strips, or as a fine white powder. The strips must be soaked for a minimum of 12 hours prior to use. The powder must be heated close to boiling point to dissolve fully and will set strongly when cooled.

It is suitable for vegetarians and in kosher preparations. It has almost triple the strength of gelatine. Agar agar is principally used in the pastry industry for cream desserts, ice creams and sauces.

Products set with agar agar will remain firm at room temperature, unlike those set with gelatine.

Pectin

Pectin is present in all fruits, but fruits vary in the amounts they contain. Fruits high in pectin include: apples, plums, cranberries, raspberries and citrus peel.

These fruits can be made into jams and jellies without any added pectin. Pectin thickens, and in the presence of acid and high amounts of sugar, it gels. Pectin gels are clear, not cloudy and have an attractive sheen and clean flavour.

Pectin is commonly used in glazes, jams and jellies, bakery fillings and fruit confections. It can be purchased as a dry powder, which is typically extracted and purified from citrus peel or apple skins.

Tapioca

Tapioca is virtually pure starch. It is extracted from the root of the tropical cassava or manioc plant.

The word tapioca comes from a term used by the Brazilian natives meaning to press or squeeze out residue, in reference to the way the starch (tapioca) is extracted. The roots are crushed and stepped in water, and the liquid is then pressed out.

Tapioca is available in several forms, including pure starch or flour, quick cooking granules, flakes and pearls. When the pearls are cooked, the tapioca does not dissolve completely; instead, the small particles become translucent and soft.

Pearl tapioca must be soaked before cooking and is often used for tapioca pudding - a custard like dessert. Tapioca pudding is commonly found on Asian influenced dessert menus.

© ASEAN 2013

Thickening Agent Characteristics

Starch	Properties	Ideal uses
Cornstarch	• Cloudy when cooled • Not stable with high acid products, excessive heat, freezing , mixing • Gel weeps over time • High gelatinization temperature • Good sheen • Masks many flavours.	Puddings Cream pies
Arrowroot	• Moderate to high clarity • Relatively stable against acid, heat, mixing, freezing • Relatively low gelatinization temperature • Clean flavour.	Fruit pies Sauces
Tapioca	• Moderate to high clarity • High sheen • Relatively stable against acid, heat, mixing, freezing • Relatively low gelatinization temperature • Clean flavour.	Fruit pies Sauces Tapioca pudding
Flour	• Cloudy, yellow colour • Heavy body • Imparts a flavour.	Pastry cream Pie fillings
Gelatine	• High clarity • High sheen • Forms very thin, bouncy gel.	Gelatine based desserts Stabilized whipped cream Confections
Agar agar	• Moderate clarity • Forms very firm, bouncy gel • Stable at room temperature.	As a gelatine substitute for vegetarians and Muslims
Pectin	• High clarity • Thickens or gels • Clean flavour • Generally requires high acid and high sugar concentrations.	Fruit jams and jellies Fillings Glazes Jelly confections

Fruits

Everything You Need To Know About Fruits

Fruits are classified into the following groups:

Soft fruits	Strawberries, raspberries, blackberries, boysenberries, blueberries, gooseberries, grapes and currants (red, black & white).
Stone fruits	Apricots, peaches, nectarines, plums, mangoes, cherries.
Hard fruits	Apples, pears and quinces
Citrus	Lemons, oranges, grapefruit, mandarins, cumquats, limes, pomelo, tangelo
Tropical	Bananas, pineapple, lychee, rambutan, jackfruit, dragon fruit, guava, tamarillo, pawpaw, custard apple
Miscellaneous	Rhubarb, kiwifruit, persimmon, passionfruit, pomegranate, fig, watermelon, cantelope, honeydew

Quality points:

- Fresh fruits are best purchased ripe so their flavour and texture are at their best
- A good appropriate colour and smell will assist in determining good quality
- Fruits should be a uniform and appropriate shape
- Should be free of blemishes
- All fruits must be free of insects.

The following fruit categories have other quality points such as:

Soft fruits	• Mould free • Dirt free
Stone fruits	• Mould free • Not bruised
Hard fruits	• No bruising
Citrus	• Mould free • Skin to be firm, not soft
Tropical	• No bruising
Miscellaneous	• Good colour • Firm to touch • Melons should be heavier than they look.

© ASEAN 2013

Purchasing:

Fruits can be purchased in many forms as listed below with some examples:

- **Fresh** – by variety, such as fuji apples, corella pears
- Individually, kilo, punnets, tray, box or case
- **Pre-prepared** – fruit salad, sliced mango, pineapple slices
- **Dried** – apple, apricot, banana, blueberry, cherry, citrus peel, cranberry, currant, date, fig, ginger, kiwifruit, mango, melon, mixed peel, muscatel, pawpaw, peach, pear, pineapple, plum, prune, raisin, sultana
- **Candied** – orange, cherries, pineapple, apricot
- **Canned** – apple, apricot, cherry, grapefruit, lychee, mandarin, mango, passion fruit, peach, pear, pineapple
- **Crystallized** – citrus peel
- **Frozen** - strawberries, raspberries, blackberries, boysenberries, blueberries, currants and some Asian fruits
- **Bottled** – apricot, peach, plum, boysenberry, quince, cumquats
- **Freeze Dried** – intense flavour no moisture, difficult to store over time.

Availability

Seasonal availability will determine price and will also affect your decision to use products in the menu.

Seasonality still exists today but not to the same extent as before improvements in mass transport and distribution, storage and changes in growing conditions:

- Growing in hot houses in Queensland to supply southern markets in cooler months.
- Controlled atmosphere delays repining and extends availability of fresh fruits to the market.

When using fresh you will need to develop knowledge of what is available when and how the price affects your bottom line, profit margins.

Even when fruits are in season and the prices are at their lowest it is sometimes more economical to use fruits frozen than using fresh:

- Fruit coulis
- Ice cream and sorbet flavouring.

are best made from frozen fruits.

Excess or damaged fresh can be incorporated into these to cut down on wastage.

Storage

Fruits contain a lot of sugar and have a soft cell structure. If the cell walls and skin of fruit are damaged they are susceptible to an attack from airborne yeast and moulds, which results in bruising. To retard yeast and mould attack, it is necessary for us to handle fruits carefully and cool store them.

The shelf life of most fresh fruit is prolonged through storage at 6 – 8º C.

Soft fruits and some stone fruits do not like prolonged periods in the fridge, as they are sensitive to chilling.

However some fruits like banana are susceptible to discolouring when chilled and require storage at a warmer temperature such as the dry store.

Some fruits such as citrus and hard fruits can be stored in the dry store; however the shelf life is shortened.

Fruits that need to ripen naturally can also be stored in the dry store in brown paper bags to increase the ripening process, e.g. stone fruits.

Fruits should be stored away from strong smelling ingredients e.g. basil, parmesan cheese, garlic.

It is best to eat fruits at room temperature as their flavours are more pronounced.

Basic Preparations of Fruit

When preparing fruits specific requirements can be needed for a particular dish.

Basis preparation requirements could be as follows:

- Peeled completely
- Neat clean cuts
- Membrane and pips removed from citrus
- Pineapple needs to have the eyes and core removed, apples must have seeds removed, bananas need the fibrous membrane removed.

When preparing fruits for a plate of fresh fruit or salad, a variety of colour, flavour and texture needs to be considered. Fruits must be fresh, ripe and full of flavour.

- Wash fruit when you are serving the whole piece e.g. strawberries would be washed, yet a pineapple wouldn't be as its skin is removed prior to consumption.

Preparation of fruits should be appropriate to the dish

- Hulled strawberries
- Cherries pitted
- Skin removed
- Grapes peeled and deseeded.

© ASEAN 2013

Poached fruit:

Fruit used for poaching should be ripe and free of any blemishes. The liquid used for poaching is mostly sugar syrup (1: 2 – 1: water: 2 : sugar).

Extra flavour may be incorporated using wine, spices, herbs, liqueurs.

The procedure of poaching depends on the ripeness and the consistency of the fruit to be poached:

- The sugar syrup is boiled and poured onto the fruit and cooled immediately:
  - Suitable for soft fruits
- The fruit is placed into the cold sugar syrup, brought to the boil once and cooled:
  - This method only applies to very ripe fruits such as stone fruits that don't require too much cooking
- The fruit is placed into the nearly boiling sugar syrup and poached until soft, then left in the syrup to cool:
  - This is appropriate for hard fruits like quinces and pears.

Candied fruit

Fruit is poached in sugar syrup until soft. It is then placed into a 20ºBaumé hot sugar solution.

During this period, water in the fruit exchanges with the sugar solution. After 24 hours drain off the sugar solution and boil 2-3º higher. This is repeated until the solution is 36°Baumé. 10% glucose of the sugar weight is recommended, to avoid crystallisation of the sugar.

Citrus fruit may be blanched to remove bitterness prior to candying.

To candy nuts: sugar syrup is tossed with the peeled and skinned nuts and then baked at 150°C until the syrup is completely evaporated. Nuts then brown and the sugar crystallises, to early caramel stage.

Caramelised or baked fruit

Fruit is sprinkled with sugar, which is either placed in an oven, salamander or torched with a blowtorch:

- Heat caramelises the sugar, which then changes the flavour and the colour.

It also leaves a very high gloss on the product. Fruit may also be dipped into liquid caramel; this method does not give much flavour improvement.

Marinated or Macerated fruit

Fruit is soaked with alcohol and sugar syrup over a period of time, usually from 6 months to 1.5 years. The container with the fruit needs to be airtight, to prevent spoilage occurring from the presence of oxygen.

Crispy Dried fruit

Fruit is cut into very thin slices, marinated with acid (usually vinegar or lemon juice) and sugar and dried (2 parts sugar : 1 part water : 5% acid).

The fruit is placed into a hotbox or into an oven (100ºC), it will then dry out and become crispy. Soft fruit may be formed into certain shapes and then dried (flowers). Fruits with high acid content are very suitable for drying out into fruit chips, e.g. pineapple, apple, pears.

Sugar Syrups

Sugar syrups are used for many preparations in the kitchen.

Sugar syrup can be used as a sauce, usually with other flavours such as rose water or citrus zest. It is most commonly used, with flavouring such as wine, citrus zest and spices to poach fruit. It is used to make caramelized or candied or dried fruits, which can be used as a garnish.

Sugar syrups are made from water and sugar, in different ratios depending on its use.

The ratios of sugar syrup are:

- Equal parts of sugar and water (normal stock syrup),
- 1 part sugar to 2 parts water (light), or
- 2 parts sugar to 1 part water (heavy).

They can also vary from this depending upon their use.

For instance, candied citrus peel may use syrup that has three parts sugar to water and poached strawberries may be 1 part sugar, 2 parts water and 2 parts champagne.

The syrup will also vary upon the ripeness of the fruit being poached.

To make the syrup:

- Place the water in the pot and add sugar
- Bring to the boil, stirring to dissolve the sugar
- Store sugar syrups in a clean container with a lid
- Sugar syrup can keep for an extended period if left unadulterated.

To flavour them you can add ingredients like cut Citrus or Cinnamon stick, Star anise buds, alcohol such as Grand Marnier, Rum, Kirsch, Dark Rum.

Care must be taken, if you add things to the base syrup, that flavour will go into everything.

© ASEAN 2013

Pastries in Desserts

'Pastries' is a term used to describe products that fall into the classification of Pastry products.

Many will stand alone as dessert but when plated into individual serves can be enhanced with a sauce or cream.

Pastry Types

- Puff Pastry
- Choux Pastry
- Short Pastry: mainly shortbread types but a low sugar and lower fat content can be used
- Filo pastry and strudel dough fall into the short pastry classification but when used with imagination can replace puff pastry without the high level of fat and the specific skill and equipment needed to produce
- Soft aerated pastries or dough: dumpling; suet puddings.

Batters and Coatings

Batters are used to coat products prior to deep-frying or baking.

Batters are also bases of crepes, pancakes

Sweet and Savoury Breads are also used to produce desserts

- Bread and butter puddings
- Queen of puddings
- Summer puddings
- Rum Baba and Savarins
- Dumplings.

Cake and Genoise in Desserts

Both can be used in the production of quality desserts.

Classic steam pudding is just cake that has been steamed rather than baking. Steaming does not leave a browned outer skin on the finished product.

They will line containers to protect delicate moulded creams: Charlottes, zuccotto

They can be saturated with flavoured syrups to bulk and extend.

This process is also used to cut the richness of some desserts: trifles Tira Mi Su (this is an Italian trifle)

1.2 Prepare a variety of hot desserts according to standard recipes and enterprise standards

Hot Desserts

Hot desserts are categorised as follows.

Try to list your own examples for each category.

Puddings

- Milk puddings (rice pudding. Sago pudding, semolina pudding, baked egg custards, bread and butter pudding)
- Steamed sponge puddings (chocolate, lemon, sticky date, etc.) and
- Sweet puddings (Christmas pudding).

Soufflés –

- Meringue based or
- Panada based.

Flavoured, baked in straight sided forms for shape

Fritters or Beignets – which are often fruits battered and fried or a choux paste base flavoured and then fried. Examples include

- Banana and pineapple fritter and
- Ricotta beignets.

Fruits – baked whole or often in halves (apples, pears, peaches), compotes (berries or stone fruits), fruit crumbles, pies and flambéed fruits.

Charlottes – these can be served hot or cold

Pancakes and crepes - a French crepe is thin and flexible and they call it a pancake. American pancakes are thicker and chemically aerated, savoury or sweet, sold by the stack.

Soufflé Omelettes – starch free aerated egg sugar mixture then cooked in a pan 'free style'

Dumplings – are traditionally more of a European dessert, however a common example that many people may know would be golden syrup dumplings.

Strudels – can be served as a dessert or just for afternoon tea.

It consists of a thin, crisp, pastry that is prepared as a log filled most commonly with apples, however can have any flavour.

© ASEAN 2013

Pithiviers –are a classic French almond cake, made from puff pastry in the shape of ravioli that can be served either hot or at room temperature.

As a dessert they are much better served straight from the oven.

A pithivier is easily recognized by its scoring over the top surface of the puff pastry.

Soufflés

Soufflés are very popular desserts with customers as they look spectacular and are something most people do not make at home.

A well-made soufflé should have a "WOW" response from the customers.

Here is a dessert for which the customer will happily wait 20 minutes and pay up to $18.00, when the ingredients often cost no more than $1.20 – a great profit margin!

The French word **'Soufflé'** literally means **'to puff'** or **'to expand'**.

Soufflés have a somewhat undeserved reputation as being not only delicate and airy, but also frustrating as they may fail to rise at all, or having done so, may collapse at the wrong time.

Therefore 'timing is everything' applies to making a successful soufflé.

Soufflés fall into two categories: sweet and savoury.

Cheese soufflé is probably the best known of the savoury variety.

For the sweet dessert soufflés, Soufflé Grand Marnier and the Harlequin Soufflé would be amongst the most popular.

The Harlequin Soufflé uses two types of batter baked together, offering proof that the soufflé technique has been mastered by the chef.

Soufflés can be made in two different ways:

1. Meringue and starch thickened base:
    - Crème Patisserie or a panada is used as a base to which flavours are added. A meringue is then folded through
2. Meringue and flavouring:
    - This soufflé is made by folding meringue through a flavoured base.

This could include a liqueur, or a fruit puree, or chocolate or marmalade, etc.

Any of these bases could include the addition of alcohol. (i.e. Frangelico and hazelnut paste soufflé)

A liqueur soufflé always rises higher than a fruit soufflé because the evaporating alcohol fumes contribute to the rising process.

Essentially, the air trapped in the whipped egg whites becomes lighter and expands as heated. Soon after the soufflé is removed from the oven, the trapped air begins to escape, and the soufflé deflates like a punctured balloon. This is a good test of a perfectly prepared soufflé.

If a soufflé just sits there high and mighty and never deflates, it is either over baked and dried out from below, or is much too heavy and probably tastes more like a pudding than a soufflé.

For fruit based soufflés, enough moisture must be removed from the fruit pulp to concentrate the flavour and to ensure the mixture is not too thin.

However if the pulp is too dense, the egg whites will not support it.

Sometimes fruit soufflés can be baked inside a fruit shell.

For example: Grand Marnier and orange soufflé in half an orange shell.

To aid the soufflé batter in rising straight up:

- It should always be baked in a traditional round soufflé ramekin with straight sides
- This is then brushed with softened butter in an upward motion (helping the soufflé to rise straight up)
- The ramekin is then placed in the fridge to set the butter
- A second coat of butter can be applied if desired, and then caster sugar is used to evenly coat the butter
- The excess is removed.

Clarified butter and melted butter should not be used on the ramekins, as the film left is too thin and doesn't aid the soufflé in rising with high straight sides.

Crepe soufflés are made by baking soufflé batter inside a crepe. This is generally done by spreading the batter on a cooked crepe, folding it in half and baking it 'a la minute, as any other soufflé.

Other desserts influenced by soufflés are the soufflé omelettes

Characteristics of a well made soufflé are:

- It must be well risen with good height
- It must have risen evenly with straight sides and a flat top
- The meringue and other ingredients must be well blended together
- It should have good well defined flavour
- The top should have a light golden brown colour.

© ASEAN 2013

1.3 Prepare a range of cold desserts according to standard recipes and enterprise standards

Cream Desserts

There are many desserts that fit this category, including mousses, Pannacotta, bavarois, cold soufflés, tiramisu, trifles and charlotte Russe.

Cream desserts have ingredients in common and subtle differences.

For example:

- Mousses and bavarois both have cream, egg yolks and sugar, yet are not made the same way. Different techniques are required to produce each dessert
- Pannacotta has cream and gelatine like a bavarois, yet are made differently
- Tiramisu is sometimes called an Italian trifle yet is different to the English trifle.

All these desserts do use cream, hence their title.

The following table sets out the differences in ingredients for mousses, Pannacotta and bavarois.

Bavarois	Mousse	Pannacotta
Anglaise	Sabayon	Milk & cream
Gelatine	Flavouring	Sugar
Flavouring	Meringue	Gelatine
Lightly whipped cream	Lightly whipped cream	Flavouring

These desserts are usually presented in individual portions.

Mousses can be piped into glass serving dishes or into biscuit shaped into baskets such as wafers or brandy snaps.

They are also used as the filling for a vacherin, which is a mousse layered with crisp meringue.

A Charlotte Russe is a dish lined with sponge finger biscuits and filled with a bavarois mixture, which is left to set then turned out and cut into portions to serve.

Trifles and tiramisu can be set in a large tray and cut into portions, or made as individual portions.

Trifle or tiramisu are often seen on a dessert buffet table, as are pannacotta and mousses, as they can be presented in small portion sizes.

These desserts are all soft in texture and can be garnished with nuts, biscuits, meringue, dried or crystallized fruit, praline or sugar bark to give a crunchy/crisp texture balance to the dish.

1.4 Prepare a range of frozen desserts according to standard recipes and enterprise standards

Frozen Desserts

Types of Frozen Desserts

There is a vast range of frozen desserts found on menus today.

They range from classics like:

- Bombes
- Parfaits
- Cassata
- Semi-freddo and
- Cherries jubilee
- Ice cream cakes
- Meringue glace
- Soufflé glace
- Frozen mousses.

And special presentations for many delicious and unusual ice creams.

Bombes

A bombe is a type of frozen dessert which typically uses a chilled half sphere mould, lined with ice cream, sorbet or sherbet and then filled with a rich cream mixture.

Most recipes call for multiple layers of ice cream in different flavours and contrasting colours.

When producing bombes, it is essential to freeze each individual layer until firm before attempting to add the next.

The bombe mixture that fills the lined mould is made from egg yolks, sugar and cream in the style of a parfait. It is then flavoured according to the individual recipe, or which there are many classic variations.

When fruit other than candied fruit is added to the bombe mixture, it must first be macerated in liqueur or sugar syrup to prevent it from freezing too hard.

© ASEAN 2013

Parfaits

Parfait is used to describe two different desserts – one European and the other American.

The American parfait is a dessert of alternating layers of ice cream, fruit and liqueur, served in a tall glass and topped with whipped cream.

The European parfait is a delicate frozen dessert, usually lighter and less sweet than ice cream, made from a mixture of egg yolks and sugar syrup whipped to ribbon stage, with the addition of whipped cream and flavouring folded through.

It is very important that as much air as possible is maintained throughout its production so as to keep the light texture that is essential for this dessert.

The mixture is poured into moulds and frozen without churning. The parfait is de moulded and allowed to warm for a few minutes before serving.

This is to soften the parfait slightly to produce a far superior eating quality.

Coupes

These popular and practical individual ice cream servings are made to look attractive by specialty serving dishes.

Coupes are a combination of ice cream and/or sorbets, decorated with sauces, fruits, nuts and can also include whipped cream.

These days we refer to them as ice cream sundaes.

Coupes must always be assembled and decorated to order.

Bombe Alaska

A **Bombe Alaska** is also known as a Baked Alaska.

It is a classic dessert that combines cold frozen ice cream, wrapped in a thin sheet of soft sponge cake, topped with caramelised sweet meringue.

This dessert was then placed into an extremely hot oven to caramelise the meringue, without melting the ice cream.

Today, the meringue can be browned using a salamander or blow torch but the result is not the same.

The dessert can also be flamed at the table by the waiter as it is wheeled in to the restaurant on the dessert trolley.

Flaming is when a small amount of alcohol is poured over the top of the dessert and is the lit and the alcohol is then burnt off and flavour of the alcohol is residual.

Remember: Care must be taken with this practice as it can be dangerous when alcohol is lit. It EXPLODES!!!!!

Semi-freddo

Semi-freddo is the Italian word denoting a cold dessert, literally half frozen.

The basic semi-freddo mixture is made from whipped eggs or egg yolks, sugar and various flavourings usually including a spirit or liqueur.

Whipped cream and/or meringue are folded into this mixture and the base is still frozen (no churning).

Semi-freddo is also made by layering the base with cake, custard, macerated fruits, crushed cookies, nuts and chocolate.

They can be made in moulds for multiple servings or as individual servings.

Ice Cream, Sorbets and Sherbets

Ice creams and other frozen desserts in different shapes and combinations have always been favourites of guests and chefs alike.

Ice cream desserts are very practical for the chef because they can be made some days in advance.

Today, with small electric ice cream freezers available at a reasonable cost, home cooks can make ice cream as effortlessly as professionals.

Churning ice cream by hand has become almost obsolete.

Crème Anglaise

The term 'ice cream' usually refers to the custard sauce based variety (Anglaise), which is made from cream and or whole milk, sugar and egg yolks.

These ingredients are cooked over a bain-marie until the custard thickens sufficiently to coat a spoon (82ºC).

Anglaise is also used as a base for

- Bavarian cream or bavarois
- Mousses, other than chocolate and
- Can be used as a sauce by itself.

Crème Brulee is a variation of and Anglaise but will use cream rather than milk.

It is important not to overheat and coagulate the eggs when making an Anglaise.

This mixture is then chilled, placed in an ice cream freezer together with the desired flavourings and the mixture is frozen to a temperature of -18ºC while being churned to incorporate air and produce the desired texture.

The result should be smooth, airy and creamy.

© ASEAN 2013

Ice cream must contain no less than 10% milk fat (butterfat) and must have at least 20 % MSNF (milk solids no fat).

A good quality ice cream should have a minimum of 40% total solids (fat, sweeteners and MSNF). Milk solids contribute to the whipping capability of the custard, however if the custard has a percentage too high in milk solids without enough fat from the egg yolks to balance, the lactose can crystallise, making the custard feel gritty.

Italian style gelato is made using whole milk (no cream) and a larger proportion of egg yolks. This gives the gelato its distinctive dense texture and intense flavour.

Soft serve ice cream is a low fat milk, sugar and stabilizer mixture, which is usually frozen by the retailer to order.

To produce soft serve ice cream a special soft serve freezer is required. This sort of Ice Cream is mostly consumed as a Sundae or other ice cream coupes or served in a cone. It has become a very popular children's dessert within family restaurants and fast food chains.

Sorbets

There is often confusion between sorbets, (which are also called fruit ices or water ices) and sherbets.

A classic sorbet never contains milk, cream or egg.

In some sorbet recipes, a very small amount of lightly beaten egg white or Italian meringue is added during the churning process to lighten the texture and increase the yield:

- Sorbets are made from a wide variety of fruit juices or purees.

Recently, the addition of spices and herbs such as thyme, rosemary and basil have been popularised be some adventurous chefs, along with savoury sorbet variations made from tomato and cucumber and served as a refreshing first course or used as a palate cleanser between courses:

- The level of sweetness for a sorbet depends on its use.

The proper level of sweetness is determined by the addition of water or sugar syrup to the liquid or fruit juice.

This is most easily done using a sugar density meter:

- Brix scale uses **refractrometer**
- Baume scale uses a hydrometer, which is called a **saccharometer.**

Both measure the sugar content in a liquid.

If it is served for a dessert or as a component thereof, it is usually quite sweet with a Baume between 16˚ and 20˚. If the sorbet is used as a cleanser or between courses, it will usually have a Baume of 12˚.

Sherbets, although close to sorbets in character, are always served as a dessert.

They contain milk or cream and sometimes a small amount of egg, giving them a smoother, richer texture than sorbets.

Granita and Granitée

These are the Italian and French names respectively for a type of coarse dessert ice.

They use basically the same ingredients as sorbets; however they have lower sugar content and are frozen with or without churning.

They are made by combining simple syrup or water with various fruit purees, liqueurs, wines, brewed coffee or tea.

The Baume level is between 8ºC and 12ºC.

Without churning, the mixture is frozen in a shallow pan, preferably stainless steel.

The base is stirred from time to time as it hardens in the freezer. The mixture is then scraped into flakes at serving time.

The alternative to creating a granita by hand would be to purchase a commercial churning machine.

Soufflé Glace

Soufflé glace or frozen soufflés have Italian meringue folded through a parfait or bombe mixture to imitate the lightness found in a hot soufflé. This can be flavoured with liqueur or fruit.

The filling is then filled high above the rim of a soufflé mould, frozen, and served in that form.

Frozen Mousses

These are closely related to both parfaits and soufflé glace. Although each of these desserts is classically made using a different formula, they share common characteristics:

- All achieve volume from air that is whipped into cream, eggs or meringue
- All are frozen without churning
- All require little or no stabilisers such as gelatine or pectin.

A frozen mousse is distinguished from a parfait as it includes whipped egg white which is never used in a true classical parfait mixture.

Hygiene

Ice-cream is the perfect breeding ground for bacteria, so care must be taken throughout the making and storage of ice-cream, and also the cleaning of the equipment.

All components of the ice-cream machine need to be thoroughly cleaned and sanitised after use.

NB: Ice-cream should never be thawed and re-churned as this is ideal for bacterial growth.

© ASEAN 2013

Ice-cream that is partly thawed and re-frozen is not only a potential for bacteria to breed, it will also result in a product that is hard and icy. This practice is illegal!

Storage

Place frozen churned ice-cream into a freezer at -18ºC until frozen, then store at -15°C to -9°C.

Ideally ice-cream should be served at a higher temperature as it is softer and easier to scoop, and more flavoursome and enjoyable to eat.

All iced products should be stored in a clean, stainless steel container with a tight fitting lid.

A cartouche of silicon paper can be placed on the surface of the iced product to prevent ice crystals forming on the surface.

Avoid placing cling film directly on the surface of the soft ice cream, as when it freezes often cling film will remain on the surface and can become part of the ice cream mixture.

This only results in customers eating ice cream garnished with pieces of plastic in their food.

Ingredients affecting the texture of Ice-Cream

The ideal eating quality of ice-cream should be that it is smooth, rich and creamy in texture. In order to produce these qualities we must take the following into consideration.

Ingredients

Excessive Amounts of:

Sugars	Inhibits freezing. Too much sugar and the product will be too sweet to eat and will not set.
Fats	Too much fat and the product will be grainy and soft in texture and will leave a film of fat in the mouth.
Alcohol	Inhibits freezing. Alcohol does not freeze, and the end product will be softer and the flavour can be too strong.

Insufficient Amounts of:

Sugars and Fats – can result in an icy, coarse texture

Factors affecting the texture of Ice-Cream

- Rate of freezing – Fast freezing produces small crystals resulting in a product that is smooth. In contrast, ice-cream that is frozen too slowly allows the ice-cream to soften or melt. This results in ice crystals forming giving an icy and grainy texture
- Agitation – Churning in an ice-cream machine keeps the ice crystals small, resulting in a smooth product. However excessive churning can split the mixture.

Stabiliser

Commercial brands of ice-cream use a stabiliser which gives the product a longer shelf life and a softer product that is easier to scoop.

These stabilisers are often gelatine or vegetable based and include Seed Gums, Seaweed extracts, Pectin and Cellulose derivatives.

Flavour

In production of ice-cream, the flavours need to be considered.

Because flavours dull when frozen it is critical that the flavour in production is strong enough to offset this effect. This will ensure a well flavoured end product.

© ASEAN 2013

1.5 Use appropriate equipment to prepare hot, cold and frozen desserts

Equipment may include:

Ovens	Trays
Racks	Bowls
Mixing machine	Scales

Rings, tins and moulds	Fridge and freezer
Ice cream machine	Blenders

Desserts production is an amalgam of many skills.

Proficient production relies on the pastrycook's ability to work across a range of equipment.

To operate machinery correctly needs to be adhered to if good production is to be achieved.

Manual handling of trays and equipment can cause physical harm is precautions are not followed.

Fridges and freezers need to be kept clean and in good working order

Ice cream machines need to be scrupulously clean

Blenders also need to be scrupulously clean and blades must be kept sharp.

© ASEAN 2013

1.6 Use correct techniques to produce hot, cold and frozen desserts to enterprise standards

Techniques used to produce quality hot and cold desserts

Beating

Mixing vigorously to incorporate air into an ingredient or mixture

Whisking

Using a whisk to incorporate air into liquids like cream and egg whites into meringues

Folding

Gentle movement that incorporates one product into another:

- Fold nuts into cream
- Fold sugar into meringue.

Baking

Subjecting unbaked product to heat in an enclosed area such as an oven

Whipping

Same as whisking

Blending

Combining two or more ingredients

Boiling

Subjecting food to heat while being completely submerged in liquid

Poaching

Subjecting food to heat in liquid that is hot, but not moving; food needs to be totally submerged at a temperature of 90°C to 93°C

Steaming

Subjecting food to heat in vapour of boiling liquid from below

Enrobing

Completely covering product; pouring ganache over the top, allowing ganache to flow down the side to completely cover the cake; to dip in chocolate to completely cover all sides.

Churning

Continual mixing of a liquid until an outcome is achieved

- Mixing cream in container until all fat molecules are compacted and butter has formed.
- Butter is churned further to remove as much water as possible
- Churning and chilling Anglaise until enough air is incorporated to reach the consistency good ice cream.

1.7 Produce hot, cold and frozen desserts to enterprise requirements and standards

Enterprise requirements and standards should relate to:

- Scale to correct weight
- Colour
- Consistency
- Texture
- Moisture
- Mouth feel
- Appearance
- Saleability.

All product standards can be interpreted differently depending on their place of sale.

No matter how the interpretation is displayed consistency will still be the key:

- All need to be the same size
- They must have the colour characteristic to that product
- Is the colour natural or artificial?

Texture, moisture and mouth feel all come together in the product and that is what makes the product stand out above the rest:

- Appearance must be appealing to the eye of the customer.

All this adds to the saleability of the product.

Products can be made with artificial colours and flavourings and can still be classified as a good quality product:

- Some people just go by the look of the product
- Some are judged on the quality of ingredients and the look is secondary.
- Quality is very definitive but can be allusive as well.
- Standards vary as well.

© ASEAN 2013

Food Safety Standards must not vary. *Same standards apply for the best quality ingredients as they do for the more budget ingredients*

Standards and Quality

Standards and quality can relate to ingredients such as:

- Flavouring
- Colouring
- Quality.

Does the product need pink colour to make the strawberry ice cream look pink?

- When fresh strawberries are used in ice cream the colour can be close to grey
- Doe the recipe call for chocolate flavour
  - Bakers chocolate
  - Couverture
- Cocoa powder:
  - Alkaline treated or non alkaline treated.

Is the dark brown colour from the colour of the cocoa or has there been the addition of a brown colour to make it appear darker?

- Chocolate flavoured can appear darker with the addition of red colour to the ingredients.

Quality is difficult to define

- Is it based on price the price of ingredients used to make a product?
- Is it based on the level of income earned from selling the product?

'Consistency' is the one main key to quality:

- Is the product the same every time it is produced
- Ingredients the same?
- Do they look the same?
- Are they the same weight and shape
- Is the same number of units obtained from the same recipe each time?
- Is the time spent manufacturing the product the same every time?

These are all questions that needs to be answered when it comes to Quality of the Product.

It is not just the value of the ingredients that are used or where it is sold.

- Each enterprises standards and quality will vary
- Each enterprise will have different requirements.

1.8 Select correct cooking conditions for hot, cold and frozen desserts

Desserts are an amalgam of skills:

- Baking
- Whipping
- Blending
- Boiling
- Poaching
- Steaming
- Enrobing
- Churning.

Ice cream is a frozen product but it must be cooked:

- The base sauce, Anglaise, is boiled milk and sugar thickened with eggs
- The base sauce is then flavoured.

Cream can be added and then this mixture is churned and chilled incorporating air into the mixture to form the concoction we all delight in eating; **`Ice Cream`**.

Cake can be steamed and served as puddings rather than being baked.

Competent pastrycooks are able to adapt many variations to produce desserts but need to master the basic skills to increase their repertoire of desserts.

Some products may require specific conditions to be applied during the process that cannot be hurried.

Apply conditions during the process

- Product needs to sit on baking tray 40 minutes before baking:
  - This is a step in the process of making French macaroons.
  - Egg whites almonds and sugar
  - There is a specific look that these pastries have
- Nice clear smooth dome with a clean break around the bottom of each piece:
  - The product is required to rest and be air dried for this to happen
  - The surface of the meringue dries and when the product bakes in the oven it will rise when exposed to the oven heat
  - The product should break at the weakest point; that is where the product meets the tray; this is the last place to dry
  - When product is removed from the oven the **`'dome'`** should be intact and the **`'crack'`** should appear around the base
  - Many products have these needs for conditions to be applied.
- Understanding why is part of the skill of producing a quality product each time.

© ASEAN 2013

Work Projects

It is a requirement of this Unit you complete Work Projects as advised by your Trainer.

You must submit documentation, suitable evidence or other relevant proof of completion of the project by the agreed date with your Trainer.

Student will need to be able to demonstrate competency by demonstrating ability to produce a wide of desserts.

Suggested desserts may be:

- Baked Sweet Soufflé
- French crepes with cooked fruit filling complimented with a sauce
- Baked egg custard like crème caramel
- Variety of sauces both cooked Anglaise sauce and fruit coulis
- Iced soufflé
- Set creams like flavoured Bavarian creams and flavoured mousses
- Meringue based desserts like Pavlova or Japonaise
- Fruit pies or cobblers served with flavoured starch thickened sauce
- Ice cream served with a quick bread such as pancake.

Working with your trainer you will need to be able to produce a variety of desserts.

Plan the desserts to meet following stages. A report or work plan will need to be prepared before you start.

The report will show the sequence of production and all commodities and equipment that will be required to produce the selected desserts.

1.1 Select all ingredients required.

1.2. Prepare 2 varieties of hot desserts of 2 serve from each recipe.

1.3. Prepare 2 varieties of cold desserts of 2 serve from each recipe.

1.4. Prepare 1 of frozen dessert of 2 serve from each recipe.

1.5 List of all equipment required to produce each dessert.

Summary

Prepare and produce a range of hot, cold and frozen desserts

Select commodities required

- Here it is not about flour sugar to make the sponge but it is just the sponge that is required
- Not egg white and sugar but meringue
- The preparation hot, cold and frozen desserts is about an amalgam of knowledge and skills. Commodities will be a produced by adding product to simple ingredients like cream and sugar.

Prepare a variety of desserts according to standard recipe and enterprise standards

- Hot, cold or frozen. Each recipe will yield an amount or number of portions.

Use correct equipment

- Interpreting the recipe before staring will determine the required equipment.

Use correct technique

Produce to enterprise standards

- Size and the look required will differ at each establishment but a chocolate mousse still needs to be a chocolate mousse

Select correct cooking conditions for hot cold and frozen desserts

- Baked
- Boiled
- Poached
- Steamed.

Desserts are an amalgam of skills and techniques combined to produce classic dessert to the enterprise standards and requirements.

© ASEAN 2013

Element 2:
Prepare and store sweet sauces

2.1 Select required commodities according to recipe and production requirements

Commodities for sweet sauces

Sugars

Sugar is used in dessert production to:

- Add sweetness and flavour
- Create tenderness and fineness of texture, partly by weakening the gluten structure
- Give crust colour
- Increase keeping qualities by retaining moisture (it is a humectant)
- Act as a creaming agents with fats and as foaming agents with eggs
- Provide food for yeast
- To preserve.

Refined sugars are classified by the size of the grains.

Caster Sugar in finer than regular granulated sugar. This sugar supports higher quantities of fat and dissolves relatively quickly into doughs and batters.

Caster sugar is the premium sugar to use in production of quality desserts and pastries.

Regular Granulated Sugar also known as table sugar or A1 is the most commonly known sugar.

Brown Sugar contains 85 – 92 % sucrose and varying amounts of caramel, molasses and other impurities. Darker grades contain more of these impurities. Brown sugar is regular cane sugar that has not been completely refined

Demererra Sugar is also known as raw sugar. These straw coloured granules are produced from cane juice (90% sucrose). They are used in some baked goods and hot beverages.

Icing Sugar also known as confectioner's sugar, is sugar ground to a fine powder.

Soft Icing Mixture is icing sugar mixed with a small amount of starch (3 %) to prevent caking. It is also available in a pure form without this anti-caking starch.

Invert Sugar is a product of sugar refining. It is chemically processed heavy syrup where a sucrose solution is heated with an acid.

The sucrose breaks down into two simple sugars, dextrose and levulose:

DEXTROSE + LEVULOSE = INVERT SUGAR

(Equal parts)

Invert sugar is 30 % sweeter than sucrose.

Invert sugar resists crystallisation, promoting smoothness in candies, icings and syrups. It also holds moisture especially well, retaining freshness and moisture in products.

Molasses is concentrated sugar cane juice. It contains large amounts of sucrose and other sugars including invert sugar. It also contains acids, moisture and other constituents that give it flavour and colour. Darker grades are stronger in flavour and contain less sugar than lighter grades. Molasses retains moisture in baked goods, prolonging their freshness.

Corn Syrup is a liquid sweetener consisting of water, a vegetable gum called dextrin and various sugars, primarily dextrose, also called glucose. Corn syrup is made by converting cornstarch into simpler compounds through the use of enzymes. Corn syrup aids in retaining moisture and is used in some icings, sweets, and sugar boiling. It keeps other sugars from recrystallising. It is added to marzipan to improve elasticity. It has a mild flavour and is not as sweet as sucrose.

Glucose Syrup is viscous, colourless syrup (44˚ Baume). Glucose has a stabilising effect to help prevent re-crystallisation when sugar is boiled to high temperatures e.g. Cast, pulled and blown sugar making the boiled sugar more elastic. It is also used in cakes and biscuits. Glucose should not be stored at temperatures above 20ºC because it will change in colour. Glucose can be replaced with light corn syrup.

Honey was the first sugar to be used by man. It is the nectar collected from bees and deposited in their honeycomb. Nectar contains about 80% water and 20% sugar together with essential oils and aromatic compounds that are responsible for the bouquet of honey, the flavour varying from the flowers from which the nectar was gathered.

The darker the colour of the honey, the stronger its flavour; it is a natural sugar syrup consisting largely of glucose, fructose and other compounds that give it is flavours. Flavour is the main reason for using honey.

Honey contains invert sugar which helps retain moisture in baked goods and gives a soft chewy texture to cakes and cookies, and is baked at a lower temperature so the invert sugars can caramelise.

Honey contains acid which enables it to be used with baking soda as a leavening.

Honey is available as:

- Comb honey – still in its waxy capsules
- Chunk honey – contains both the filtered extracted honey and a piece of honeycomb
- Extracted honey – most familiar for cooking and table use.

Whipped or spun honey – extracted honey that is processed using controlled crystallisation and which has fine easily spreadable crystals.

© ASEAN 2013

Eggs

Eggs are used to thicken milk or cream sauces, such as Crème Anglaise. As the mixture is heated the proteins unfurl and bond together. If it is over heated the proteins will break apart and re-curl causing the mixture to curdle.

Fruits

Fruits will often be cooked with sugar and pureed, and are usually sieved to remove seeds.

Starches

Starches are used to thicken sauces. They are added to liquids when cold and heated until the starch granules swell and absorb the liquid, holding suspension.

Creams

Creams can be eaten raw or cooked, whipped or un-whipped.

Cream is available in varying 'fat' contents:

- 45% is considered pure cream
- 35% with added vegetable gums; thickened cream; is the most common cream used in the kitchen. It can be cooked, whipped or served 'au natural' as a pouring cream.

Vegetable Gums

These are used in emulsions and sauces that are served cold or at room temperatures.

Butter

Unsalted butter can be used in sauces that are for desserts

2.2 Prepare and produce a range of sweet sauces to enterprise requirements and standards

Sauces

Most desserts are served with a sweet sauce that compliments the dish.

Sauces can be served hot, warm or cold and use different methods of thickening such as:

- Fruit pectin – coulis or compote
- Egg yolk – Anglaise, sabayon
- Sugar (caramel) – syrup, butterscotch or caramel sauce
- Cornstarch or arrowroot – chocolate, lemon
- Fats – cream, chocolate
- Reduction – citrus juices
- Vegetable gums – added to liquids, thickening as mixtures chill.

Most desserts will always be accompanied by a sauce

- Red raspberry coulis served with a dense slice of chocolate cake
- Rich caramel sauce on a warm apple tart
- Hot fudge sauce on poached pears and vanilla ice cream
- Sabayon with a liqueur soufflé, or
- A strawberry sauce with cream hearts to garnish for a valentine's dessert.

These are all touches that really make the dessert memorable.

Served on the side in a sauceboat or presented on the plate and enhanced with a piped design, the sauce can add a tremendous amount to the presentation as well as to the flavour of the dessert.

Types of Dessert Sauces

Dessert sauces can be generally categorised as follows, although there are many variations of each, as well as hybrids that combine two or more types:

Caramel Sauces

Caramel sauces are prepared by melting and caramelizing sugar to the desired colour, then by adding a liquid (in most cases water) to thin it to a sauce like consistency.

For the most basic caramel sauce nothing else is added.

For a richer caramel sauce, cream and/or butter are incorporated (referred to as a butterscotch sauce).

Other flavourings can be added to a basic caramel including spirits such as calvados and rum.

Chocolate Sauces

Chocolate sauces are of course, used extensively.

They may be hot or cold, and either thin for masking a plate or very thick and rich, as a fudge sauce.

A basic chocolate sauce is made from chocolate and/or cocoa powder, sugar and water cooked together.

Richer versions contain the additions of cream and/or butter.

Coulis

In the pastry kitchen, the term coulis is used for berry juices and fruit purees that are sweetened as needed, usually strained, then served as sauces.

The term coulis has been used for as long as 600 years to refer to strained gravy or broth served with savoury dishes.

It comes from an old French word 'coleis', meaning straining, pouring, flowing or sliding.

© ASEAN 2013

Traditionally coulis were neither thickened nor bound, however today it is common practice for them to be slightly thickened. A coulis is most commonly made from berries, usually raspberry as they are high in pectin.

Pectin is an enzyme found in some fruits which assists in the thickening or setting of products.

Raspberries are cooked with sugar and water then strained to remove the seeds, and cooled.

Coulis are usually served cold, as a sauce or part of a compote.

A well-made coulis should not separate when poured on a plate, the sauce should be cooked sufficiently to enact the pectin and therefore thicken the sauce.

Custard Sauces

The foundational custard sauce is **crème Anglaise**, also known as vanilla custard sauce.

It is considered the mother sauce of the pastry kitchen.

Not only can many other custard sauces, such as chocolate or coffee flavoured sauce, be prepared from this base, but the ingredients and method of preparation for crème Anglaise are the starting point for many other dessert preparations.

Crème Anglaise is also called **English custard** or **Sauce anglaise**.

Custard sauces are made by thickening milk, cream, sugar and eggs using either direct heat or a Bain Marie.

How to make Cream Anglaise

- The milk, cream and vanilla are heated with a little sugar sprinkled on the bottom of the pot to prevent the milk from sticking
- Eggs yolks and sugar are whisked together in a separate bowl
- Pour the boiled milk mixture onto the yolks stirring constantly so the egg yolk does not cook and form lumps
- Return mixture to the pot and cook gently over low heat, stirring constantly
- The custard is cooked when it coats the back of a spoon, which is approximately 82°C.

Over-cooked crème Anglaise is not acceptable. It will appear lumpy, like scrambled egg.

This is due to the egg over coagulating which is the tightening of the proteins that separate the curds and whey. The sauce cannot be used, as it will no longer be smooth and velvety, and the taste will be very strong in egg.

When crème Anglaise is cooked it can be strained and chilled immediately, or strained and kept warm for service:

- Crème Anglaise should be stored covered, in a clean container in the cool room until used within the next 2–3 days.

Ideally this sauce should never be reheated, as the proteins found within the yolks will coagulate very easily.

However, by carefully reheating the Anglaise in a Bain Marie slowly and stirring constantly, this can be avoided.

Fresh Cream or Sour Cream Sauces

Crème fraiche, clotted cream and sour cream are all used as dessert sauces and toppings, sometimes thinned and/or sweetened.

They most frequently accompany fresh fruit but are also served with warm baked fruit desserts, such as an apple tart.

These may be flavoured with vanilla or a spice such as cinnamon.

Fresh cream is used as a sauce both in the form of a heavy cream that is lightly thickened by whipping and whipped cream, or Chantilly cream, which is really more of a topping.

Sabayon Sauces

Sabayon sauces can be hot or cold and are made by thickening wine by whipping it over heat together with egg yolks and sugar.

Sabayon sauces are served with fruit and with soufflés. Sabayon is also served as a dessert by itself.

The Italian version of sabayon, **zabaglione**, is made with Marsala.

Starch Thickened Sauces

Most fruit sauces are thickened with starch. This can include cornstarch and arrowroot.

They are generally cooked quickly to allow the starch to gelatinize and eliminate the raw starch taste.

Fruit juice sauces thickened with cornflour will be cloudy. Made with arrowroot they will be clearer and softer.

Starches are also used to thicken sauces made of cream or milk and sauces based on spirits or liqueurs.

Sweet sauces will be made in batches.

What is the rate of usage?

This will determine the size of the batch when production is decided.

If the average rate of usage is 50 ml per serving on average and 100 serves will be needed per service and 2 services per day are required.

Activity

How much needs to be made for a batch size to last 2 days.

Remember: Allow 10% extra for variations of serving sizes and spillages.

Sauces need to be made in sizes that can be managed. Some sauces can be made into larger batches and then frozen.

Do not freeze in one large container. Break down into smaller container to more manageable sizes.

If frozen in one large batch it will need to be thawed in one lot, cannot be re-frozen.

Fresh sauces have a life of no more than 2-3 days.

© ASEAN 2013

2.3 Store sweet sauces for use in a service period or for use at another occasion

Service Period

Sauce used during service periods need to be treated differently.

When sauces are made in batches they can be divided into smaller containers for service periods.

Hot sauces

Some sauces will need to be heated for service then used. Sauces cannot be reheated a second time.

Food Safety plans should be in place in all foods production premises.

Only heat what is expected to be required for service. More can always be re-heated as required.

Cold sauces

Sauces that are kept chilled are easier to handle. Sauces should never be more than 2-3 days at this temperature:

- At the end of service always decant left over sauce into clean container and re-label and re-seal
- Do not leave spoons in sauces
- NEVER top up sauce with fresh sauce
- NEVER add old sauce to new sauce.

Sauce that has been out of controlled environment for more than the specified period needs to be discarded.

If a sauce has been out on buffet display then it does not get used again. Discard.

WHY? When food is placed outside the kitchen production area it cannot be known what has happened to this product:

- Who has touched it?
- Has it been contaminated?

It cannot be considered safe to be placed back into the food production area.

Better safe than sorry

Work Projects

It is a requirement of this Unit you complete Work Projects as advised by your Trainer.

You must submit documentation, suitable evidence or other relevant proof of completion of the project by the agreed date with your Trainer.

Student will need to be able to demonstrate competency by demonstrating ability to produce a wide of desserts.

Working with your trainer you will need to be able to produce a variety of desserts.

Plan the desserts to meet following stages. A report or work plan will need to be prepared before you start.

The report will show the sequence of production and all commodities and equipment that will be required to produce the selected desserts.

Prepare and Store Sweet sauces

Each of the desserts will require a sauce to be prepared and served as part of the dish.

2.1 Select commodities required to make the sauces.

2.2. Prepare the required sauces:

- Sauces should be a variety, Selection of a fruit coulis, cooked sugar based sauce and Anglaise sauce that has been suitable flavoured.

2.3. Store the prepared sauces until required for service:

- Be aware of any Food safety requirements when using high risk ingredient
- Be sure to label and date all sauces produced.

© ASEAN 2013

Summary

Prepare and store sweet sauces

Select required commodities

- Commodities need to be listed in standard recipe
- If made to a standard enterprise recipe then a standard has been met
- The selected commodity does not have to be the best quality. It needs to be the required commodity.

Prepare and produce a range of sweet sauces to enterprise requirements and standards

- Does the sauce need extra colouring just to look brighter
- Enterprise standards and requirements will determine the answer to this question.

Store sweet sauces for use in a service period

- Sauces stored for immediate service need to be separated from those for future service
- Do not mix old and new sauces.

Store sweet sauces for use at another occasion

- Never put old sauces with new sauces in same container
- Ensure that the method of storage is not going to impact on the food safety and quality of that products
- Sauces that have been exposed to room temperature for prolonged periods are not 'saved' for another time
- Use smaller batches or keep sauces at chilled temperature at all times.

© ASEAN 2013

Element 3:
Prepare accompaniments, garnishes and decorations

3.1 Plan accompaniments, garnishes and decorations for desserts

Garnishing

Desserts may include a garnish to decorate and enhance the dish.

The garnish should complement the ingredients.

An example of this is Lemon Tart, garnished with candied lemon zest or Chocolate mousse garnished with chocolate curls.

Different types of Garnish:

- Chocolates
- Tuilles
- Lace Biscuits
- Glass Biscuits
- Brandy Snap
- Florentine
- Choux Pastry
- Puff Pastry
- Short pastry
- Almond Bread/Biscotti
- Praline/Nougat
- Fruits (poached, dried, fresh, baked, caramelized, marinated, candied and stewed)
- Meringue
- Nuts
- Sugar Caramel
- Spring roll wrapper
- Phyllo Pastry
- Pate a brik pastry.

Presentation

It is the presentation of desserts that give the dish the “WOW” factor and will leave a lasting impression with your customers.

There are many techniques that can be used to enhance the presentation of desserts.

One of these is to present the sweet standing up to give it some height on the plate.

This can simply be achieved by making use of plastic dariole moulds or PVC tubes lined with acetate, or in a terrine mould then sliced For example semi-freddo.

Various biscuits (brandy snaps, wafers, or tuilles), sugar bark or pulled sugar, chocolate (white, dark milk or a combination of these) in various shapes can be used.

Fruits (dried, caramelized, compote) can also be included.

3.2 Prepare accompaniments, garnishes and decorations for desserts

Chocolate

Chocolate is very adaptable to be used as garnishes on desserts. When melted it can be:

- Piped Into Motifs And Shapes
- Moulded To Shape
- Spread On Bench And Shaved, Curled
- Spread onto baking paper and cut to shape while cooling.

When cooled the shapes needs to be stored in containers.

Tuilles

Tuilles are a thin paste of eggwhite, sugar, flour and almond (ground or paste) which is spread into a shape either freehand or using a stencil, then is baked until it is lightly coloured. It is quickly removed from the tray and moulded immediately. The baked tuille will harden within 5 seconds and become brittle.

Lace/Glass Biscuits

High sugar dough that spread thinly when baked. Similar to brandy snap but made with liquid glucose rather than golden syrup.

Sugar and nuts ground together then sprinkled on greased baking tray or silicon mat and baked in oven until sugar melts but does not colour. Hard crack 155°C.

Brandy Snap

A mixture of sugar, butter, flour, golden syrup and butter is baked on well-greased tray or a silicon sheet covered tray. The mixture will spread broadly to form a web like structure:

- Needing to sit on tray for long time to cool before being shaped as it cools
- Needs to stay on mould until cooled. Very fragile.

When cooled can be broken to be used as presentation on desserts.

Florentine

Flaked almond, sugar, honey, fruits

Choux Pastry

Small motifs can be used for garnishes, piped to shape

Puff Pastry

Cut to shapes to be used a décor on desserts

© ASEAN 2013

Short pastry

Cut to shapes to be used a décor on desserts

Almond Bread

Mixture of meringue, nuts and flour is baked in forms and when it is cooled the loaf is sliced thinly and baked in moderate one to crisp.

Biscotti

Italian style 'twice baked' biscuit that can be used for garnish.

Praline/Nougat

Sugar cooked to caramel colour; light amber, and allowed to cool. Can have nuts added for flavour and character.

Nougat is caramelised sugar and hazelnuts that when cool have been ground together to form a paste. Chocolate can be added to give slightly different flavour.

Fruits

(Poached, dried, fresh, baked, caramelized, marinated, candied and stewed).

Meringue

Piped to shape and baked. Used as décor for desserts

Nuts

Roasted for flavour improvement can be flaked, nibbed, slivered ground.

Sugar Caramel

Caramelised sugar is spread over baking parchment and then broken into pieces when cool.

Spring roll wrapper

Fine pastry that is normally used for savoury wrap can be sprinkled with sugar and baked to caramelise the sugar. Can be cut to shape or broken over top.

Phyllo/Pate a'brik pastry

Fine pastry that is normally used for savoury wrap can be sprinkled with sugar and baked to caramelise the sugar. Can be cut to shape or broken over top.

Many decors can be made for use as garnishes.

Rules:

- They must be edible
- Fine in texture
- Small in size
- Compliment the dessert.

Do not use same décor on all desserts.

Work Projects

It is a requirement of this Unit you complete Work Projects as advised by your Trainer.

You must submit documentation, suitable evidence or other relevant proof of completion of the project by the agreed date to with your Trainer.

Student will need to be able to demonstrate competency by demonstrating ability to produce a wide of desserts.

Working with your trainer you will need to be able to produce a variety of desserts.

Plan the desserts to meet following stages. A report or work plan will need to be prepared before you start.

The report will show the sequence of production and all commodities and equipment that will be required to produce the selected desserts.

Prepare accompaniments

3.1 Plan accompaniments and garnishes:

- Make a list of all 'extras' that will be used to decorate the desserts
- What ingredients that might be required to produce decors.

3.2. Prepare and store accompaniments until required.

© ASEAN 2013

Summary

Prepare accompaniments, garnishes and decorations

Plan accompaniments

- Accompaniments will have a short life and will be fragile if handled badly. So planning what type to make and how many to make will be impacted
- When planning excess need to be produced to allow for breakages and quality deterioration if handled badly.

Prepare accompaniments

- Following pre-planned recipes prepare what is required.

© ASEAN 2013

Element 4:
Store hot, cold and frozen desserts

4.1 Store desserts at appropriate temperature and conditions to maintain quality, freshness and customer appeal

Store Cold Desserts

Cold desserts will need to be stored in controlled environment.

Dairy based desserts

Product with ingredients such as milk, eggs and cream will need to be stored in a controlled environment:

- 4°C or less for fresh
- -18°C for frozen.

Fresh desserts that are made with fresh cream held in suspension with setting agents such as gelatine, agar and alginate thickeners will have a shelf life of approximately 3 days if kept protected from the environment.

This product needs to be covered when placed into the coolroom. The surface will develop a skin if left uncovered.

Dairy based desserts that are frozen will keep for several months in controlled environment.

Example:

- Ice creams
- Parfaits
- Mousses.

Fruit and pastry based desserts

- Apple pies
- Apple strudels
- Compote of fresh fruit.

These types of desserts do not contain dairy products but still need to be kept chilled for food safety reasons.

The pastry will start to soften when kept in cool room. The drier the environment the better the pastry will keep.

These can be wrapped securely which will minimise possibility of them being damaged.

Baked Pastry

Pastry that has been baked ready for filling can be stored at room temperature until required if protected from adverse conditions and outside contamination:

- Shortbread disc and shells
- Pastry discs.

These do not need to be chilled. They just need to be placed into food grade secure containers.

Store non dairy dessert items

Some items do not need to be chilled when being stored.

Pastry products and garnishes only need to be kept in secure environment:

- Wrapped in food safe containers and labelled.

Sugar based garnishes need to be stored:

- In food safe container
- Well wrapped
- To stop moisture from the air causing product to soften.

Glacé fruits can be stored at room temperature if kept in syrup with which they were purchased. They will start to dehydrate and loss sheen.

4.2 Pack down desserts to ensure taste, appearance and textures are maintained

Packing down

'Packing down' *is a term used to describe the action of securing and storing the product securely until required.*

Cooks 'pack done' a kitchen at the end of service.

Pastrycooks pack desserts away for safe storage until required for sale or service period.

All product needs to be packaged so that the integrity of the product is not compromised during storage.

Ice cream is placed into freezer compatible food safe containers before being wrapped securely, labelled and stored in the freezer until it is required.

Fresh desserts that have not sold would be stored in container that will allow them to be covered without destroying any garnish that might be placed on top.

Wrapping or covering is the most dangerous part of keeping integrity in place. Any container that is the wrong size will cause damage to finished product.

© ASEAN 2013

Stages of production

Producing desserts skill is time management and planning. Very rarely are all desserts made the day they are sold. Timelines can be as much as 3 days. Frozen desserts may have been produced 2 – 3 weeks before.

Maturing of flavours

Some products need to sit for a period of time so flavours can mature.

English style puddings produced for the Christmas period might be made 3 months before they are needed.

Sauces

Sauces need to be kept chilled until needed. If any sauce has been reheated for service then it must not be re-chilled and stored.

It is good management not to reheat more than what will be required.

Work Projects

It is a requirement of this Unit you complete Work Projects as advised by your Trainer.

You must submit documentation, suitable evidence or other relevant proof of completion of the project by the agreed date with your Trainer.

Student will need to be able to demonstrate competency by demonstrating ability to produce a wide of desserts.

Working with your trainer you will need to be able to produce a variety of desserts.

Plan the desserts to meet following stages. A report or work plan will need to be prepared before you start.

The report will show the sequence of production and all commodities and equipment that will be required to produce the selected desserts.

Store hot and cold desserts

As part of the report the student will have to identify the following requirements to the satisfaction of the trainer.

4.1 Store desserts at the required temperature to ensure quality is not diminished by the storage:

- What temperature is each dessert, from the selection that has been chosen, needs to be maintained in order for the dessert to be of saleable quality at a later stage?

4.2. Pack down desserts:

- How does the dessert need to be packed in order for the shape, taste and eating quality to be preserved?

Students need to be able to supply the above information to be deemed competent in the learning outcomes listed at the beginning of this book.

© ASEAN 2013

Summary

Store hot, cold and frozen desserts

- Store desserts at appropriate temperatures to ensure quality is maintained
- Pack down desserts to ensure quality is ensured for a later date.

© ASEAN 2013

Appendices: Recipes

Summer pudding

Ingredients	Quantity
Berries, frozen	300 gm
Sugar	40 gm
Water	40 ml
Bread	3- 4 Slices

Method:

- Heat sugar and water; add 80 gm of the berries
- Stir and crush the berries with a spoon or whisk to release the colour
- Add remaining berries, warm through
- Line the plastic dariole moulds with bread cut to 6.5 ml thick, and cut to shape
- Place the berries in to slightly over full
- Cover with cling film and place on a tray with a weight on top to press. Chill before serving
- This dessert is best made the day before use to allow the colour to penetrate through the bread.

White Wine Jelly

Ingredients	Quantity
White wine	250 ml
Lemon, juiced	½
Sugar	60 gm
Gelatine leaves	3
Small quantity of fruit to be suspended in the jelly	

Method:

- Heat the wine, lemon juice and sugar
- Soak the gelatine in cold water until softened
- Squeeze out excess water from the gelatine, add to the hot wine
- Gently stir in the gelatine until dissolved, avoiding the formation of air bubbles
- Pass through a fine strainer, allow to cool
- Layer the cool jelly with slices of fruit, allowing each layer to set before beginning the next
- Chill and decorate.

© ASEAN 2013

Pithivier

Ingredients	Quantity
Puff Pastry	2 sheets
Frangipane	25 gm
Rum	
Egg wash	
Icing Sugar	

Method:

- Roll pastry to a thickness of 3 mm
- Cut two circles, approximately 18cm in diameter. Place one on a baking tray
- Mix a splash of rum into the frangipane. Spread the frangipane onto the pastry which is on the tray, leaving a 1 cm border around the edge free. Brush the edge border with egg wash and scallop this edge
- Place the larger circle of pastry on top and seal well. Brush with egg wash. With the point of a sharp knife make curved cuts approximately 1mm deep radiating from the centre to the edge. Allow to rest in a cool place for approximately 30 minutes
- Bake at 215°C for approximately 20 – 30 minutes. Once removed from the oven then dredge with icing sugar and return to the oven to glaze or glaze very carefully under the salamander.

Frangipane

(Per 2 students)

Ingredients	Quantity
Unsalted Butter	80 gm
Sugar, castor	80 gm
Egg	1
Flour	20gm
Almonds, ground	80 gm

Method:

- Beat thoroughly together the butter and sugar until light and creamy
- Beat the egg and gradually add to the mixture beating in well
- Sieve the flour. Add to the mixture with almond meal, mix together lightly.

© ASEAN 2013

Strawberry Sable

Ingredients	Quantity
Unsalted Butter	125 gm
Castor Sugar	50 gm
Bakers Flour	100 gm
Cornflour	50 gm
Baking Powder	1/4 tsp
Salt	1/4 tsp
Egg lightly beaten	1/2
Few drops of vanilla	

Method:

- Cream butter and sugar
- Add egg slowly with vanilla
- Add dry ingredients
- Do not overwork
- Rest
- Roll out approximately 3mm thick
- Cut with round cutters
- Place on baking sheet
- Rest
- Bake at 160ºC without colour for approximately 10 – 12 minutes
- Make sure Sables are crisp.

Assembling for Strawberry Sable:

Ingredients	Quantity
Strawberries	5
Cream	100ml
Icing Sugar	1 tsp
Few drops Vanilla Essence	

Method:

- Take 3 sable
- Whip cream with vanilla and sugar to firm peaks
- Wash strawberries dry and cut in half
- Place cream on 2 disks and decorate with strawberry halves
- Place on top of each other
- Place last disk on top which is dusted with icing sugar
- Place on to a plate decorate with Anglaise and raspberry coulis
- Serve.

© ASEAN 2013

Sweet Paste

Ingredients	Quantity
Unsalted Butter	125 gm
Sugar, castor	125 gm
Egg	1
Flour	200 gm
Cornflour	50 gm

Method:

- Cream butter and sugar
- Gradually add eggs one at a time beating thoroughly
- Gently fold in the flour until well combined. Do not over mix
- Wrap the pastry in glad wrap and refrigerate for 1 hour
- Roll the pastry to desired thickness, usually 2 – 3 mm to line a flan tin. Ensure the pastry is carefully pushed into the corners of the tin without tearing the pastry
- Make a paper cartouche and cover the pastry with it, then fill with baking pulses or rice
- Cook pastry in the oven at 180°C for 8 minutes. Check the edges of the pastry, when they are set and pale gold in colour, remove the paper and pulses and return the pastry to the oven for another 3 – 5 minutes until completely cooked, and a light golden brown colour
- Remove from the oven and cool.

Roast Pear

Ingredients	Quantity
Butter	20 gm
Pear, peeled and cored	½
Sugar	30 gm
Water	30 ml

Method:

- Preheat oven to 180 – 200ºC
- Lightly butter an oven proof dish, place prepared pear in and dot with remaining butter
- Sprinkle with sugar; add water to the bottom of the dish. (this will prevent the butter and sugar from burning while the pear is cooking)
- Place dish in the oven and cook for approximately 20 minutes. Turning the pear over half way through the cooking
- The pear is cooked when a small skewer easily inserts into the pear.

Chocolate Sauce

Ingredients	Quantity
Dark Chocolate, chopped	175 gm
Milk	75 ml
Cream	125 ml
Sugar	30 gm

Method:

- Melt chocolate pieces with milk and sugar over a double boiler
- Add cream and mix in thoroughly
- Strain through a fine strainer.

Note:

This sauce can be served warm or cold. It may need to be thinned with more liquid if it is served cold.

© ASEAN 2013

Crème Pâtissière

Ingredients	Quantity
Stage 1:	
Flour	20 gm
Custard Powder	15 gm
Sugar	20 gm
Egg yolks	2
Milk	40 ml
Stage 2:	
Milk	300
Sugar	35 gm
Vanilla bean	1/2

Method:

- Make a paste from stage 1, by first combining sugar and egg yolks, then add milk, flour and custard powder and mix to a smooth paste
- For stage 2 pour the milk into a saucepan and add a split vanilla bean
- Next add the sugar by dropping it evenly over the whole surface, (do not stir as the sugar acts as an insulator and prevents the milk from sticking to the pan)
- Place on heat and bring nearly to the boil
- Now slowly pour the hot milk in to the paste from stage 1 while stirring to avoid lumps
- Place back in the pot, bring to boil and simmer for approx 2 minutes while continuously stirring
- Transfer to a container and cover with a greased cartouche to prevent a skin forming.

Orange Sabayon Sauce

Ingredients	Quantity
Egg Yolks	2
Sugar	25 gm
Grand Marnier	20 ml
Orange Juice	25 ml
Lemon Juice	8 ml

Method:

- Bring a pot of water to the boil, then turn off the heat
- Combine all ingredients in a stainless bowl
- Place the bowl of egg mixture over the hot water
- Whisk vigorously to aerate as demonstrated and continue the whisking process until you can hold a figure 8 in your sabayon
- Be careful not to overcook, you will lose aeration and the sauce will become heavy.

Note:

This sauce can used nappe over sliced fruits and gratinated under salamander until light golden brown.

Butterscotch Sauce

Ingredients	Quantity
Butter	20 gm
Brown Sugar	100 gm
Cream	150 ml
vanilla essence	Trace

Method:

- Gently melt butter
- Add brown sugar and boil for approximately 2 to 3 minutes
- Add cream & vanilla essence and cook till correct consistency
- Remove from heat and allow to cool.

Note:

Butterscotch sauce is usually served with puddings.

© ASEAN 2013

Sauce Anglaise

Ingredients	Quantity
Milk	500 ml
Vanilla bean	½
Sugar	65 gm
Egg Yolks	5

Method:

- Bring milk, vanilla and 20 gm of sugar to the boil in a pan
- Mix eggs and remaining sugar together in a bowl
- Add hot milk and vanilla to egg and sugar mixture, whisking constantly
- Return mix to the pan and heat gently, stirring with a wooden spoon until it thickens and coats the back of a spoon (82ºC)
- Pass through a chinois immediately and cool.

Note:

Do not allow to boil as the sauce will curdle.

Sauce Anglaise is used as a base for ice cream, some mousses, Bavarian cream (Bavarois) or used as a sauce which can be flavoured.

Raspberry Coulis

Ingredients	Quantity
Raspberries	200 gm
Water	25 ml
Sugar	25 ml

Method:

- Place water and sugar in a pan and bring to the boil
- Add raspberries bring to boil and simmer for 3 minutes and puree.

Individual Lemon Meringue Pie

Ingredients	Quantity
Sweet Pastry Bases (10cm)	2
Eggs	3
Egg yolks	3
Lemon juice	60 ml
Sugar	60 gm
Butter	65 gm
Gelatine	3/4 sheet
Lemon, zested	1/2

Method:

- Blind bake a 10 cm tart base using sweet pastry. Let cool
- Soak gelatine leaf in cold water to soften. Lightly beat eggs and yolks
- Bring lemon zest, juice and sugar to the boil
- Add eggs and cook out until thick
- Add softened gelatine and butter off the heat, stirring to combine
- Pour mix into tart base and refrigerate until set
- Next pipe Italian meringue on top and glaze.

© ASEAN 2013

Italian Meringue

Ingredients	Quantity
Egg whites (5)	140 ml
Castor Sugar	280 gm
Water	100 ml

Method:

- Bring sugar & water to the boil. Wash sides of pot with a wet pastry brush to prevent crystallization
- Boil steadily until the syrup reaches 118°C on sugar thermometer
- Whisk whites to soft peaks
- Slowly pour syrup into whites in a steady stream continuing to whisk until cold.

Meringues

French

Ingredients	Quantity
Egg whites (6)	175 ml
Castor Sugar	240 gm
Castor Sugar	100 gm

Method:

- Whisk egg whites to soft peak
- Rain in 2/3 of the sugar whilst beating continuously
- Mix for another 30 seconds
- Remove from the machine and fold the remaining sugar through the meringue
- Do not over mix, you will lose volume
- Pipe onto prepared tray into desired shape or mix into cream base for dessert
- Bake at approx 120 – 130°C for approx 30 mins then prop the door ajar to allow the steam to escape. Bake until dry, time will vary according to the size of the product.

Note:

This is the basic meringue. It should be used immediately, the mixture is not stable.

Some baked meringue formulas will have cornflour in the second lot of sugar; this will add some stability as the product bakes.

Floating Islands

'Floating Islands' is a dessert made of French meringue poached in hot milk and then the milk made into an anglaise sauce.

Ingredients	Quantity
Milk	250ml
Egg Yolk	1
Sugar	50 gm
French Meringue	1 portion

Method:

- Whisk the egg yolk and sugar together then set aside
- Place the milk into a shallow pan and bring to the boil, turn down to poaching temperature
- Quenelle the meringue with a dessertspoon and 3 pieces per portion and poach in the hot milk
- When the meringue is cooked remove and set aside on absorbent paper
- Use the milk to produce and anglaise sauce with the reserved egg/sugar mix.

To Serve

Place the sauce onto a warm clean plate then position the warm meringue islands on top of the sauce.

© ASEAN 2013

Meringue Roulade

Chocolate		Vanilla	
Ingredients	**Quantity**	**Ingredients**	**Quantity**
Egg White	150 ml	Egg White	150 ml
Castor sugar	100 gm	Caster sugar	100 ml
Corn flour	15 gm	Vanilla Essence	5 ml
Cocoa powder	10 gm	Castor Sugar	50 gm
Castor sugar	50 gm	Corn flour	15 gm

Filling for either

Ingredients	Quantity
Cream, whipped	300 gm
Sugar	To taste

Method:

- Prepare tray by lining baking tray 45 x 30 cm with silicon paper
- Make sure paper is up the sides
- Measure all ingredients
- Place egg whites into clean bowl, place onto ‘kitchen aid’ and begin whipping on highest speed
- Whisk whites to soft peak, then gently pour in 1st measure of sugar and continue beating to firm peaks, 30 seconds
- Sift the dry ingredients twice, and fold gently into meringue maintaining as much volume as possible
- Spread 1 cm thickness onto a silicon lined baking sheet
- Bake at 200°C for approx. 10 minutes
- Remove from the oven and leave on the baking tray to steam (this loosens the paper from the roulade)
- Invert onto a sheet of paper sprinkled with castor sugar. Allow to cool
- Gently remove silicon paper from bottom of meringue
- Be careful not to remove too quickly or else you will tear the sheet of meringue
- Spread with whipped cream, fill with fruit and roll up with cling film or silicon paper.

Chocolate Pavlova Roulade

Ingredients	Quantity
Egg White	200 ml
Lemon Juice	5 ml
Castor Sugar	120 gm
Corn flour	20 gm
Cocoa powder	20 gm
Caster sugar	80 gm
A1 Sugar, sprinkle on silicon paper for rolling	100 gm

Filling for Roulade

Ingredients	Quantity
Cream, whipped	300 gm
Sugar	To taste
Fruit of choice, diced	100 gm

Method:

- Prepare tray by lining baking tray 45 x 30 cm with silicon paper
- Make sure paper is up the sides
- Measure all ingredients
- Place egg whites into clean bowl, place onto ‘kitchen aid’ and begin whipping on highest speed
- Whisk whites to soft peak, then gently pour in 1st measure of sugar and continue beating to firm peaks, 30 seconds
- Sift the dry ingredients twice, and fold gently into meringue maintaining as much volume as possible
- Spread even thickness onto a silicon lined baking sheet
- Bake at 200°C for approx. 10 minutes
- Remove from the oven and leave on the baking tray to steam (this loosens the paper from the roulade)
- Invert onto a sheet of paper sprinkled with A1 sugar. Allow to cool
- Gently remove silicon paper from bottom of meringue
- Be careful not to remove too quickly or else you will tear the sheet of meringue
- Spread with whipped cream, fill with fruit and roll up with cling film or silicon paper.

© ASEAN 2013

Joconde Sponge

Ingredients	Quantity
Almond meal	75 gm
Icing Sugar	75 gm
Eggs	2
Egg Whites	3
Sugar	15 gm
Plain Flour, sifted	25 gm
Melted Butter	15 gm

Method:

- Heat oven to 220ºC. Line a baking sheet with silicon paper
- Whisk together the almond meal, icing sugar and eggs to ribbon stage
- Whisk whites to soft peaks and beat in the sugar whisk until medium peak
- Fold the meringue through the almond mixture
- Then gently fold through the flour and melted butter
- Do not over mix
- Spread mixture at 2 – 3 mm thickness quickly and evenly onto the tray and bake in oven for 6 – 7 minutes (Should be a light golden brown colour on top. Deep golden brown will result in a crisp sponge that will crack and not bend).

Crepes

Ingredients	Quantity
Flour	125 gm
Castor Sugar	15 gm
Salt	
Eggs	2
Milk	250 ml

Method:

- Sift dry ingredients into a bowl
- Mix together wet ingredients
- After making a well in the dry ingredients, pour wet ingredients into the well and gradually incorporate ensuring a smooth batter
- Allow to rest for 30 minutes
- When rested process as for crepes.

Charlotte Royale

Ingredients	Quantity
Swiss Roll Raspberry and Vanilla Bavarois Recipe	

Method:

- Slice Swiss roll approximately 5 mm thick
- Line mould
- Place Bavarois mixtures into mould
- Cover with remainder of Swiss roll
- Refrigerate
- Turn out and decorate.

© ASEAN 2013

Fruit Flambé

Ingredients	Quantity
Butter	10 gm
Mixed Fruit	100 gm
Sugar	25 gm
Brandy or rum	25 ml
Orange Juice	30 ml
Lemon Juice	30 ml

Method:

- Place sugar in a heavy based pan and heat until a dry caramel is formed
- Add orange and lemon juice to the pan with 40 ml of water, to avoid the caramel from burning
- Continue to cook for 1 minute
- Cut fruit into an appropriate size to fit the crepe. Add the hard fruit to the pan
- Cook until tender
- Add soft fruit
- Remove pan from heat, add alcohol and ignite
- Burn off the alcohol and cook until fruit is cooked
- Add butter to the sauce and emulsify
- Serve inside a warm crepe and garnish.

Macerated Strawberries

Ingredients	Quantity
Strawberries	5
Sugar	10 gm
Curacao	5 ml
Joconde Sponge disc (See previous recipe)	10 cm
Sabayon (See next recipe)	

Method:

- Wash and hull strawberries
- Macerate with sugar and curacao
- Rest for 15 minutes
- Slice strawberries and fan over sponge
- Nappe with sabayon
- Gratinate under salamander
- Serve.

Orange Sauce

Ingredients	Quantity
Egg Yolks	2
Sugar	25 gm
Curacao	20 ml
Orange Juice	25 ml
Lemon Juice	8 ml

Method:

- Combine all ingredients in a stainless bowl
- Whisk over a bain-marie, until ribbon consistency is achieved.

© ASEAN 2013

Vanilla and Raspberry Bavarois

Vanilla Bavarois

Ingredients	Quantity
Milk	300 ml
Vanilla Bean (split)	Half
Egg yolks	3
Castor Sugar	90 gm
Gelatine	4 leaves
Cream (soft whipped)	300 ml

Raspberry Bavarois

Add 40ml Raspberry Coulis

Method:

- Soften gelatine leaves in cold water
- Heat milk, vanilla bean and half the sugar until almost boiling
- Blend egg yolks and remaining sugar thoroughly in a bowl
- Pour milk onto egg yolk mixture in the bowl and blend well
- Return the mix to the saucepan and heat gently, stirring continuously
- The mixture is cooked when it coats the back of a spoon. Pass through a chinois into a clean bowl
- Squeeze out excess water from the gelatine leaves and add to the custard, stir until melted
- Strain and divide in half
- Add coulis .to one half and cool
- When mixture is thickening and just starting to set, fold through half the soft whipped cream
- Repeat with vanilla mix.

Japonaise

Ingredients	Quantity
Egg Whites	3
Castor Sugar	135 gm
Toasted, ground almonds or hazelnuts	60 gm
Cornflour	15 gm
Icing sugar	30 gm
Vanilla Essence	Few drops

Method:

- Whisk egg whites until they form a soft peak
- Slowly rain in sugar and continue beating until meringue is stiff and glossy
- Sift together nuts, cornflour and icing sugar
- Fold dry ingredients into meringue with vanilla essence
- Mark circles on silicon paper and pipe meringue from the centre outwards
- Bake in oven at 150°C for approx 15 – 20 minutes until light golden brown and crisp. Should lift off they tray in one whole piece when ready.

Note: Japonaise is used to make gateaux and smaller cakes for dessert.

Fill with mocha butter cream, flavoured whipped cream or mousse .

© ASEAN 2013

Swiss Roll

Ingredients	Quantity
Egg yolks	4
Sugar	50 gm
Pinch Salt	
Egg Whites	3
Flour	40 gm
Cornflour	20 gm

Method:

- Whisk egg whites, slowly add sugar and continue beating to firm peaks
- Combine Egg yolks with salt and mix well do not over beat
- Fold into egg whites
- Fold in sifted flour do not over work
- Line a baking sheet with silicon paper and spray with oil spray
- Spread mix over tray approximately 5mm thick
- Bake at 180 °C for approximately 10 minutes
- Allow to cool
- Turn out onto greaseproof paper which is sprinkled with A1 sugar
- Spread with jam roll up
- Refrigerate.

Tira Mi Su

Ingredients	Quantity
Egg yolks	3
Castor sugar	60 gm
Mascarpone	200 gm
Cream	50 ml
Egg white	1
Instant coffee	1 tsp
Boiling water	40 ml
Kahlua	50 ml
Joconde sponge	9 discs
Grated chocolate or cocoa powder	

Method:

- Make a sabayon with the egg yolks and sugar till ribbon stage. Allow to cool
- Blend together the mascarpone and cream and whisk till just firm and smooth
- Whip egg white to medium peak and fold into the sabayon. Fold through the mascarpone mixture
- Dissolve coffee in the boiling water
- Mix together the Kahlua and coffee
- Brush (or dip) the Joconde sponge discs with the coffee mix
- Place the mascarpone cream mixture in a piping bag
- Assembly: when serving in a glass, start by piping a 1cm layer of the cream in the bottom and top with a disc of Joconde. Continue to alternate layers finishing with the cream. Smooth off and dust with cocoa/chocolate to serve
- For free standing individual portions, start with a disc of Joconde on the bottom as this form a stable base to support the cream. Pipe a 1 cm layer of the cream onto this. Continue to alternate layers finishing with the cream. Smooth off and dust with cocoa/chocolate to serve.

© ASEAN 2013

Hot Soufflé Base

Ingredients	Quantity
Stage 1:	
Flour	15 gm
Custard Powder	15 gm
Sugar	15 gm
Egg yolk	1
Milk	100 ml
Stage 2:	
Milk	150 ml
Sugar	20 gm

Method:

- Combine all the ingredients from stage 1
- For stage 2 pour the milk into a saucepan
- Next add the sugar by dropping it evenly over the whole surface. Place on heat and bring to boil
- Slowly pour the hot milk in to the paste from stage 1 while vigorously stirring to avoid lumps
- Place in pot, bring to boil and simmer for approx 2 minutes while continuously stirring
- Transfer to a container and cover with a greased cartouche to prevent a skin forming.

To flavour and finish as a soufflé:

This base is suited to any number of different flavoured soufflés. The use of differing flavouring agents and how they are used will be determined by the nature of the product.

Example:

Production of a berry coulis, taking into consideration the quantity of sugar used.

Reduction of citrus juices and zest with some sugar.

Melted chocolate being incorporated into soufflé base immediately after it has been cooked (while it is still hot). OR cocoa powder being added to dry ingredients when making the base.

Variation in the quantity of eggwhite foam to be used for differing texture in soufflé bases.

Raspberry Soufflé

Ingredients	Quantity
Base	100 gm
Coulis (6:5 - fruit to sugar cooked to softball)	60 gm
Eggwhites	2
Sugar	20 gm

Method:

- Blend warm base with coulis
- Whip whites to foam, rain in castor sugar and whip to peaks
- Use ¾ of this foam with the quantity of base to make 2 soufflés
- Carefully fold foam into base in three stages, ensuring they are well blended but not over worked
- Cook in a conventional oven at 220º C for 12 minutes or convection at 210º C for 10 minutes.

Orange Grand Marnier Soufflé

Ingredients	Quantity
Orange juice (2 oranges)	160 ml
Orange zest	½
Sugar	40 gm
Grand Marnier	20 ml
Base	100 gm
Eggwhites	2
Sugar	20 gm

Method:

- Place orange juice, zest and sugar and reduce by ½
- Blend orange reduction with warm base and then add Grand Marnier
- Whip whites to foam, rain in castor sugar and whip to peaks
- Use ¾ of this foam with the quantity of base to make 2 soufflés
- Carefully fold foam into base in three stages, ensuring they are well blended but not over worked
- Cook in a conventional oven at 220º C for 12 minutes or convection at 210º C for 10 minutes.

© ASEAN 2013

Chocolate Soufflé

Ingredients	Quantity
Base	100 gm
Melted dark coverture OR 50 g melted dark compound chocolate	40 gm
Eggwhites	2
Sugar	20 gm

Method:

- Blend base with melted chocolate while base is still warm
- Whip whites to foam, rain in castor sugar and whip to peaks
- Gently mix ¼ of the foam into base to soften it
- Carefully fold remaining foam into base in three stages, ensuring they are well blended but not over worked. This should yield 2 soufflés
- Cook in a conventional oven at 220º C for 12 minutes or convection at 210º C for 10 minutes.

Hazelnut Soufflés

Ingredients	Quantity
Base	100 gm
Hazelnut Paste	50 gm
Frangelico	10 ml
Eggwhites	2
Sugar	20 gm

Method:

- Blend base with hazelnut paste while the base is still warm, and then stir in frangelico
- Whip whites to foam, rain in castor sugar and whip to peaks
- Use ¾ of this foam with the quantity of base to make 2 soufflés
- Carefully fold foam into base in three stages, ensuring they are well blended but not over worked
- Cook in a conventional oven at 220ºC for 12 minutes or convection at 210ºC for 10 minutes.

Chocolate Mousse

Ingredients	Quantity
Compound Chocolate	100 gm
Rum	10 ml
Cream	25 ml
Egg Yolk	1
Cream	125 ml
Egg White	1
Castor Sugar	10 gm

Method:

- Melt chocolate with 25 ml of cream and rum over a double boiler
- Add egg yolk, let cool slightly
- Semi-whip 125 ml of cream
- Whisk egg whites and sugar until soft peak
- Fold cream into the cooled chocolate mixture
- Lastly fold in the egg whites
- Place in fridge to firm.

© ASEAN 2013

Panna Cotta

Ingredients	Quantity
Milk	200 ml
Cream	200 ml
Star Anise, dry roasted	1
Vanilla Bean, split	1/2
Gelatine, softened in cold water	2 leaves
Sugar	50 gm

Method:

- Combine milk, cream, star anise, vanilla bean and sugar in a saucepan and slowly bring to the boil. Reduce the heat and simmer for 1 minute
- Strain through a fine mesh strainer or muslin cloth
- Take off the heat and stir in the softened gelatine leaves. Cool over ice until it begins to thicken
- Pour into dariole moulds and leave to set for at least 4 hours, until firm.

Note: Panna Cotta should set with a slight wobble.

Fruit Compote

Ingredients	Quantity
Sugar	50 gm
White wine	70ml
Water	70 ml
Cinnamon stick	1/2
Orange zest peeled and juice	1/2
Lemon zest peeled and juice	1/2
Pear	1/2
Apple	1/2
Strawberries	3

Method:

- Prepare syrup by bringing to the boil sugar, white wine, water, cinnamon stick, orange and lemon zest and juice
- Simmer for 5 minutes
- Add pear and apple pieces
- Cook until tender
- Turn off
- Add quartered strawberries
- Cool
- Serve.

© ASEAN 2013

Crème Brule

Ingredients	Quantity
Cream	300 ml
Vanilla Bean	1/2
Egg Yolks	4
Castor Sugar	30 gm
Extra Castor Sugar	

Method:

- Place cream and vanilla bean into a pot and bring slowly to scalding point
- Combine egg yolk and sugar but do not overwork
- Pour hot cream over egg mix and mix well
- Return to a clean pot and cook out until coating the back of a wooden spoon
- Approximately 84°C
- Cool down in an ice bath
- Strain
- Place in to ramekins
- Refrigerate as long as possible
- Sprinkle with castor sugar and gratinee under salamander
- Serve.

Mango Parfait

Ingredients	Quantity
Egg Yolks	6
Sugar	110 gm
Mango puree	150 ml
Semi-whipped Cream	300 ml

Method:

- Boil sugar and 50 ml water to 118°C, brush down with wet pastry brush, then remove from heat. Meanwhile, whisk egg yolks
- Slowly add hot sugar syrup in a constant stream and continue beating till thick, creamy and cold
- Fold the mango puree through the sabayon
- Fold through the whipped cream and pour into a mould
- Cover well and place in the freezer until frozen.

Note:

Yield will depend on size of ramekin used

This recipe will yield 2 ramekins 8cm wide by 4 cm deep

Height above the top of the ramekin should be 3cm

Preparing the mould

- Take a standard size ramekin
- Make a sleeve of baking parchment to come up the side of the dish.
- Secure paper to outside of ramekin with tape or rubber band
- When desert is chilled and is ready for service paper cab be removed.

© ASEAN 2013

Hot Orange Soufflé

Ingredients	Quantity
Orange, juice	1
Orange, grated finely	1
Milk	50 ml
Butter	10 gm
Sugar, castor	15 gm
Flour	10 gm
Egg yolks	1
Egg whites	3
Sugar, for whites	35 gm

Method:

- Prepare soufflé moulds with butter and A1 sugar
- Boil and reduce orange by half
- Cream butter and sugar. Add the flour, mixing it to a smooth paste
- Bring the milk to the boil and add. Mix thoroughly return to saucepan and cook for approximately 2 – 3 minutes. Cool slightly
- Mix in the egg yolks, reduced juice and grated orange zest
- Fold in the egg whites beaten to soft peak with the castor sugar in 3 stages
- Fill the prepared moulds to the top
- Bake at 210ºC for 12 – 14 minutes
- Serve dusted with icing sugar.

Cold Passionfruit Soufflé

Ingredients	Quantity
Egg Yolks	2
Sugar, castor	30 gm
Milk	120 ml
Gelatine	2 leaves
Passionfruit Pulp	30 gm
Cream	60 ml
Egg Whites	2
Sugar, castor	30 gm

Method:

- Soften gelatine leaves in cold water
- Heat milk until almost boiling
- Blend egg yolks and sugar thoroughly in a bowl
- Pour milk onto the egg yolk mixture and blend well.
- Return the mix to the saucepan and heat gently, stirring continuously
- The mixture is cooked when it coats the back of a spoon
- When cooked dissolve the gelatine leaves in it then transfer into a clean bowl and add the Passionfruit pulp. Leave to cool but not set (not in a fridge)
- Next fold in semi whipped cream followed by egg whites which have been whipped with sugar to a semi stiff peak
- Place a foil collar around a small ramekin, grease, fill to the top of the collar and refrigerate to set. When set remove collar, decorate and serve.

© ASEAN 2013

Tuilles

Ingredients	Quantity
Egg Whites	1
Caster Sugar	40 gm
Icing Sugar	40 gm
Flour, soft (40 gm. Flour & 30 gm. Cornflour)	70 gm
Butter, melted	30 gm
Water (to adjust the consistency)	5 ml

Method:

- Lightly whisk the egg whites and blend in the dry ingredients carefully to avoid lumps
- Stir in the cooled melted butter and if necessary adjust the consistency with water
- Allow to rest for 30 minutes before using
- Using a stencil, deposit mixture onto a well-greased baking tray and cook in a hot oven 210ºC until biscuits are a light golden brown in colour
- Remove from the tray and shape over mould immediately
- Allow to cool before removing from the mould.

Brandy Snap Baskets

Ingredients	Quantity
Butter	50 gm
Caster Sugar	50 gm
Golden Syrup	50 gm
Flour (30g Plain flour and 20g Cornflour)	50 gm
Ground ginger	½ tsp
Brandy	8 ml

Method:

- Melt butter and caster sugar in a saucepan over a low heat
- Add the syrup and mix in well. Cook up and then remove from the heat
- Add the sifted dry ingredients and mix in well
- Lastly add the brandy
- Allow to rest in the refrigerator for 30 minutes prior to baking
- Form mixture into small balls and place onto a lightly greased baking tray leaving plenty of room for the mixture to spread
- Bake in a preheated oven at 200ºC for 5 – 7 minutes
- Allow to set slightly then mould over a lightly greased pudding mould or round handle such as wooden spoon.

© ASEAN 2013

Presentation of written work

1. Introduction

It is important for students to present carefully prepared written work. Written presentation in industry must be professional in appearance and accurate in content. If students develop good writing skills whilst studying, they are able to easily transfer those skills to the workplace.

2. Style

Students should write in a style that is simple and concise. Short sentences and paragraphs are easier to read and understand. It helps to write a plan and at least one draft of the written work so that the final product will be well organized. The points presented will then follow a logical sequence and be relevant. Students should frequently refer to the question asked, to keep 'on track'. Teachers recognize and are critical of work that does not answer the question, or is 'padded' with irrelevant material. In summary, remember to:

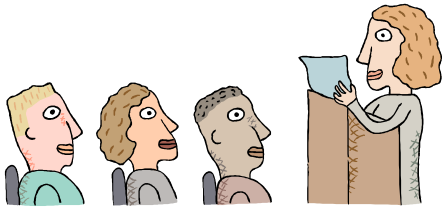
- Plan ahead
- Be clear and concise
- Answer the question
- Proofread the final draft.

3. Presenting Written Work

Types of written work

Students may be asked to write:

- Short and long reports
- Essays
- Records of interviews
- Questionnaires
- Business letters
- Resumes.



Format

All written work should be presented on A4 paper, single-sided with a left-hand margin. If work is word-processed, one-and-a-half or double spacing should be used. Handwritten work must be legible and should also be well spaced to allow for ease of reading. New paragraphs should not be indented but should be separated by a space. Pages must be numbered. If headings are also to be numbered, students should use a logical and sequential system of numbering.

Cover Sheet

All written work should be submitted with a cover sheet stapled to the front that contains:

- The student's name and student number
- The name of the class/unit
- The due date of the work
- The title of the work
- The teacher's name
- A signed declaration that the work does not involve plagiarism.

Keeping a Copy

Students must keep a copy of the written work in case it is lost. This rarely happens but it can be disastrous if a copy has not been kept.

Inclusive language

This means language that includes every section of the population. For instance, if a student were to write 'A nurse is responsible for the patients in her care at all times' it would be implying that all nurses are female and would be excluding male nurses.

Examples of appropriate language are shown on the right:

Mankind	*Humankind*
Barman/maid	*Bar attendant*
Host/hostess	*Host*
Waiter/waitress	*Waiter or waiting staff*

© ASEAN 2013

Recommended reading

Graham Dark, Deirdre McLean & Sarah Weatherhead; 2011 (2nd edition); *Kitchen Operations;* Pearson Australia

Figoni, Paula; 2004; *How baking works: Exploring the fundamentals of baking science*; John Wiley and Sons Inc

Friberg, Bo; 2004 (4th edition); *The Professional Pastrychef*; Van Nostrand Reinhold

Goodman, Clio & Sussman, Adeena; 2013; *Puddin': Luscious and Unforgettable Puddings, Parfaits, Pudding Cakes, Pies, and Pops*; Spiegel & Grau

Forster, Felicity; 2010; *300 Chocolate Desserts and Treats: Rich recipes for hot and cold desserts, ice creams, tarts, pies, candies, bars, truffles and drinks*; Anness

Lebovitz, David; 2010; *The Perfect Scoop: Ice Creams, Sorbets, Granitas, and Sweet Accompaniments*; Ten Speed Press

Migoya, Francisco & The Culinary Institute of America; 2008; *Frozen Desserts* ;Wiley

Shirley Cameron, Suzanne Russell; 2006 (7th edition); *Cookery the Australian Way;* Macmillan Education

Shortland, Kemberlee; 2013 (Kindle Edition); *Just Desserts*; Tirgearr Publishing

The Culinary Institute of America (CIA); 2011 (9th edition); *The Professional Chef*; Wiley

© ASEAN 2013

Trainee evaluation sheet

Prepare hot, cold and frozen dessert

The following statements are about the competency you have just completed.

Please tick the appropriate box	Agree	Don't Know	Do Not Agree	Does Not Apply
There was too much in this competency to cover without rushing.	☐	☐	☐	☐
Most of the competency seemed relevant to me.	☐	☐	☐	☐
The competency was at the right level for me.	☐	☐	☐	☐
I got enough help from my trainer.	☐	☐	☐	☐
The amount of activities was sufficient.	☐	☐	☐	☐
The competency allowed me to use my own initiative.	☐	☐	☐	☐
My training was well-organized.	☐	☐	☐	☐
My trainer had time to answer my questions.	☐	☐	☐	☐
I understood how I was going to be assessed.	☐	☐	☐	☐
I was given enough time to practice.	☐	☐	☐	☐
My trainer feedback was useful.	☐	☐	☐	☐
Enough equipment was available and it worked well.	☐	☐	☐	☐
The activities were too hard for me.	☐	☐	☐	☐

The best things about this unit were:

The worst things about this unit were:

The things you should change in this unit are:

© ASEAN 2013

Trainee Self-Assessment Checklist

As an indicator to your Trainer/Assessor of your readiness for assessment in this unit please complete the following and hand to your Trainer/Assessor.

Prepare hot, cold and frozen dessert

		Yes	No*
Element 1: Prepare and produce a range of hot, cold and frozen desserts			
1.1	Select required commodities according to recipe and production requirements	☐	☐
1.2	Prepare a variety of hot desserts according to standard recipes and enterprise standards	☐	☐
1.3	Prepare a range of cold desserts according to standard recipes and enterprise standards	☐	☐
1.4	Prepare a range of frozen desserts according to standard recipes and enterprise standards	☐	☐
1.5	Use appropriate equipment to prepare hot, cold and frozen desserts	☐	☐
1.6	Use correct techniques to produce hot, cold and frozen desserts to enterprise standards	☐	☐
1.7	Produce hot, cold and frozen desserts to enterprise requirements and standards	☐	☐
1.8	Select correct cooking conditions for hot, cold and frozen desserts	☐	☐
Element 2: Prepare and store sweet sauces			
2.1	Select required commodities according to recipe and production requirements	☐	☐
2.2	Prepare and produce a range of sweet sauces to enterprise requirements and standards	☐	☐
2.3	Store sweet sauces for use in a service period or for use at another occasion	☐	☐
Element 3: Prepare accompaniments, garnishes and decorations			
3.1	Plan accompaniments, garnishes and decorations for desserts	☐	☐
3.2	Prepare accompaniments, garnishes and decorations for desserts	☐	☐

		Yes	No*
Element 4: Store hot, cold and frozen desserts			
4.1	Store desserts at appropriate temperature and conditions to maintain quality, freshness and customer appeal	☐	☐
4.2	Pack down desserts to ensure taste, appearance and textures are maintained	☐	☐

Statement by Trainee:

I believe I am ready to be assessed on the following as indicated above:

Signed: _____ **Date:** _____ / _____ / _____

Note:

For all boxes where a **No*** is ticked, please provide details of the extra steps or work you need to do to become ready for assessment.

© ASEAN 2013

William
Angliss
Institute
Specialist centre
for foods, tourism
& hospitality
asean
Australian
Aid